MVRRELS TWO BOOKES OF COOKERIE AND CARVING.

The fourth time printed, with new Additions.

LONDON,
Printed by *M.F.* for IOHN MARRIOT, and are to be sold at his Shop in Saint Dunstans Church-yard in Fleet-street. 1631.

A NEVV BOOKE OF COOKERIE.

Wherein is set forth a most perfect direction to furnish an extraordinary, or ordinary feast, either in *Summer or Winter.*

Also a Bill of Fare for Fish-dayes, Fasting daies, Ember-weekes, or Lent.

And likewise the most commendable fashion of Dressing, or Sowcing, either Flesh, Fish, or Fowle: for making of Gellies, and other Made-dishes for seruice, to beautifie either Noblemans or Gentlemans Table.

Together with the best and newest Art *of Carving and Sewing.*

All set forth according to the now new *English and French fashion:*

By IOHN MVRRELL.

TO

THE VERTVOVS

and well accompliſhed

Gentlewoman Mris *Martha Hayes* (Daughter to the honorable Sr *Thomas Hayes* Knight, late Lord Major of the City of *London*:) health and happineſſe.

OF this *Name* and *Nature* (worthy Gentlewoman,) many ſmal *Booke* and *Pamphlets* haue heretofore beene publiſhed; the moſt of which neuertheleſſe haue inſtructed rather how to marre then make good Meate: but this (in

credit of my knowledge, and ſtrict obſeruation in Trauell) is experimentally ſuch as it pretends to bee in the Title Page thereof. Whereof I can ſay but this, and this it will performe for the ſayer, That it giues each Meat his right for the manner of dreſſing; Each diſh his due, for the order of ſeruing; and both, good proofe of my deſire to pleaſe and profit in the publiſhing. So, referring it to your worthy peruſall, and my ſelfe to your fauourable opinion, I euer remaine.

London,
July, 20
1630.

Yours, no leſſe humbly
then truly deuoted,

IOHN MVRREY.

The first Booke of Cookerie.

By reason of the generall ignorance of most men in this practise of Catering, I haue set downe here a perfect direction how to set forth an extraordinary Dyet for the Summer season, when these things mentioned may easily be had. It serueth also for a Direction for a Bill of fare: and also for a perfect direction for the seruing of dinner orderly, twenty Dishes to your first Messe, and as many to the second Course to the same Messe, and ten to the third Course: so that in all you haue fifty dishes to your Messe. For the boords end you may leaue out some of the costliest dishes: if you haue ten or twelue for the boords end it is sufficient. If you cannot come by all these things named, then you may place some other thing at your discretion in the place, so that it be not grosse meate, for grosse meate disgraceth the Feast.

Also, another Direction for another seruice for the Winter season, of twenty Dishes to the first Messe, and as many to the second Course to the same Messe: so that in al there be forty Dishes to the Messe, although it be contrary to the other seruice of the Summer season. And you may take of these meates halfe so many to the boords end, and it will bee sufficient both for the first and the second: but if your persons be of equall dignitie, then serue your first Messe, and the boords end, all as one alike equally.

A third Direction for a common ordinary Seruice of ten or twelue dishes to a Messe, to your first Messe, and as many to the second Course to the same Messe, so that in all there will bee twenty dishes to your Messe: but to your boords end fiue or eight, according as your boord will hold. If any of these meates named be wanting, then you may place some other that you haue ready at hand.

These Directions serue both for a Bill of fare, and to serue out your meat in good order: it is also a direction to young practitioners which vnderstand not these busnesses.

A Bill of ſeruice for an extraordinary Feaſt for Summer ſeaſon, 50. diſhes to a Meſſe.

1 A Grand Sallet,
2 A boyld Capon.
3 A boyld Pike.
4 A diſh of boyld Pea-chickens, or Partriges, or young Turky-chicks.
5 A boyld Breame.
6 A diſh of young Wild-ducks.
7 A diſh of boyld Quailes.
8 A Florentine of Puſpaſte.
9 A forc'd boild meat.
10 A haunch of Venſon roaſted.
11 A Lombar Pye.
12 A Swan.
13 A Fawne or Kid, with a pudding in his belly, or for want of a Fawne you may take a Pigge and fley it.
14 A Paſty of Veniſon.
15 A Buſtard.
16 A Chicken Pye.
17 A Pheſant or Powtes.
18 A Potato Pye.
19 A Couple of Caponets.
20 A ſet Cuſtard.

The

The second Course.

1 A Quarter of a Kid.
2 A boyld Carpe.
3 A Heron or Bittor.
4 A Congers head broyled, or Trouts,
5 A Hartichoake pie.
6 A dish of Ruffs or Godwits.
7 A cold bak'd meate.
8 A sowst pigge.
9 A Gull.
10 A cold bak'd meat.
11 A sowst pike, Breame, or Carp.
12 A dish of partriges.
13 An Orengado pye.
14 A dish of Quailes.
15 A cold bak'd meat.
16 A fresh Salmon, pearch or Mullet.
17 A Quodling Tart, Cherry, or Gooseberry Tart.
18 A dryed Neates tongue.
19 A Sole of Sturgeon.
20 A sucket Tart of puspaste,

The third Course for the same Messe.

A Dish of Pewets.
A Dish of Pearches.
A dish of grẽn Peaſe, if they be dainty
A dish of Dotrels.
A dish of Hartichoakes.
A dish of buttered Crabs.
A dish of Prawnes.
A dish of Lobſtars.
A dish of Anchoues.
A dish of pickled Dyſters.

Another direction for a Bill of fare for Winter ſeaſon, and alſo ſerueth to ſet forth your meat in order.

1 A Shield or Collar of Brawne.
2 A Sallet.
3 A boyled Capon.
4 A boyled Gurnet.
5 A boyld Mallard.
6 A roſt boyld meate,
7 A roaſted Neats tongue with a pudding in it.
8 A made dish of paſtie.

9 A Shoulder of Mutton with Olives, and Capers.
10 A Chine of Beefe.
11 A dish of Chewets of Veale.
12 A Swan or Goose.
13 An Olive-Pie.
14 A Pigge.
15 A Loyne of Veale or a Legge of Mutton.
16 A Larke or a Sparrow-pye.
17 A Turkey.
18 A Pattie of Venison,
19 A Capon.
20 A Custard.

The second Course for the same Messe.

1 A Young Lambe or Kid.
2 A couple of Rabbets.
3 A Rickshaw fryde or bak'd.
4 A roasted Mallard.
5 A brace of Partriges:
6 A Chicken-Pye.
7 A brace of Woodcockes.
8 A couple of Teales.
9 A cold bak'd meate.
10 A dish of Plouers.

1 A dish of Snites.
2 A cold bak'd meate.
3 A dish of Larkes.
4 A Quince or Warden-Pye.
5 A dryse Neates-tongue.
6 An Oyster-Pye.
7 A dish of Puffes.
8 A Iole of Sturgion.
9 A laid Tart of Paſte and ſucket.
10 A dish of pickled Oyſters.

The firſt Courſe for a ſmall common Seruice of Meate, to direct them which are vnperfect, to bring them to further knowledge of greater Seruice.

1 A Boyld Capon or Chicken.
2 A Legge of Lambe farc'd of the French faſhion, or neats-tongue.
3 A boyld Wallard or Rabbet.
4 A dish of boild Olives of Veale, or Collops and Egges.
5 A piece of roaſt Béefe.
6 A dish of Chewets of Veale, or Puttonpyes, if it be Winter, but if it bee ſummer an Olive-pye.

7 A legge of Mutton roasted whole, or
Loyne of Veale, or both.
8 A pigge.
9 A Swan, Goose, or Turkey.
10 A pasty of Venison, or forequarter o
Mutton, or a fat rumpe of Beefe.
11 A Capon, pheasant, or Yearne.
12 A Custard.

A second Course to the same dyet.

1 A Quarter of Lambe.
2 A couple of Rabbets.
3 A Mallard, Teale, or Wigin.
4 A brace of partriges or Woodcocks.
5 A Chicken or pigeon-pie.
6 A dish of ploners or Snites,
7 A couple of Chickens.
8 A Warden or Quince-pye.
9 A sowst pig or Capon.
10 A Cherrie or a Gooseberrie Tart, or a
Quarter-Tart of pippins.
11 A dish of some kinde of sowst-fish.
12 Lobsters or pickled Oysters.

A Table of Direction for a Bil of fare for fish-daies, & Fasting-daies, Ember-weekes, or Lent.

The first Course for the same dyet.

1 A Dish of Butter.
2 Rice milke.
3 Buttered Egges.
4 Stew'd Oysters.
5 A boyled Rochet or Gurnet.
6 A boyld Sallet of Herbes, or of Carrets.
7 A boyld pike.
8 Buttered Loaues.
9 Cheuets of Ling or Stockfish.
10 Another Sallet.
11 Stew'd Trouts or Smelts.
12 A dish of buttered stockfish.
13 Salt Eele, or white-herring.
14 A Iole of Ling.
15 A Skirret-pye.
16 Butterd Flounders or plaice.
17 An Eele or Carpe-pye.
18 Haddocke, Fresh-Cod, or Whiting.
19 Salt Salmon.
20 A Custard.

The

The ſecond Courſe for this dyet.

1 A Boyld Carpe.
2 Spitchcockes of Eeles.
3 Fride Stockfiſh.
4 Boyld Eeles.
5 Bakte Puttes.
6 A roaſted Eele.
7 Buttered Parſnips.
8 Fride Oyſters.
9 Blancht Manchet in a Fryingpan.
10 A fride Rochet.
11 An Oyſter-pye.
12 Fride Smelts.
13 A Pippin-pye.
14 Fride Flounders.
15 Buttered Crabs.
16 Fride Skirrets.
17 A Tart of Spinage or of Carrets.
18 Conger.
19 Lobſtar or Prawnes.
20 Pickled Oyſters.

If your Meſſe be halfe ſo much for the boords end, it will bee enough both for the firſt and ſecond courſe.

To boyle a Capon Larded with Lemmons, on the French fashion.

Scald your Capon, and take a little dusty Oatmeale to make it boyle white. Then take two or three ladlefuls of Mutton broth, a fagot of sweet Hearbes, two or three Dates, cut in long peeces, a few parboyld Currans, a little whole Pepper, a peece of whole Mace, and one Nutmeg. Thicken it with Almonds. Season it with Verjuyce, Sugar, and a little sweet Butter. Then take up your Capon, and larde it very thicke with a preserued Lemmon. Then lay your Capon in a deepe Meat-dish for boyled meates, and powre the broth vpon it. Garnish your dish with Suckets and preserued Barberries.

To sowce a Pigge.

Scald a large Pigge, cut off his head and slit him in the middest, and take

out his bones, and wash him in two or three warme waters. Then collar him vp like Brawne and sow the collars in a faire cloth. Then boyle them very tender in the faire water, then take them vp and throw them in faire water and salt vntill they be cold, for that will make the skinne white. Then take a Bottle of the same water, that the Pigge was boyled in, and a Bottle of white Wine, a race of Ginger sliced, a couple of Nutmegs quartered, a spoonefull of whole Pepper, fiue or sixe Bayeleaues: seethe all this together, when it is cold put your Pigge into the sowcedrinke, so you may keepe it halfe a yeare, but spend the head.

To sowce Oysters.

Take out the meat of the greatest Oysters: saue the liquour that commeth from them, and straine it into an earthen Pipkin: put into it halfe a pinte of white Wine, and halfe a pinte of White-Wine Vinegar: put in some whole Pepper, and sliced Ginger. Boyle all these together with two or three Cloaues, when it hath boyled a little, put in your Oysters, and let them boyle two or three walmes, but not

too

too much. Then take them vp, and let the ſirrup ſtand vntill it be cold: then put in your Oyſters, and ſo you may keepe them all the yeare.

To ſowce a Pike, Carpe, or Breame.

DRaw your Fiſh, but ſcale it not: ſaue the Liuer and the refuſe of it, ſlit the ſaid refuſe, and waſh it Then take a pottle of faire water, and a quart of white-Wine, and a Faggot of ſweet hearbes: ſo ſoon as you ſee your Wine boyle, throw in your Fiſh with the ſcales on, and when you ſee your Fiſh boyle, powre in a little Vinegar, and it will make your Fiſh criſp. Then take vp your Fiſh, and put it in a Tray. Then put into the liquour ſome whole pepper, a little whole Ginger, and when it is boyled together well with a little Salt, and cold, put in your Fiſh into an earthen panne: when you ſerue it in, ſerue Gelly in Sawcers, with a little fine Ginger about the Sawcers ſides, and Fennell on your Fiſh,

To boyle Flounders or Gudgeons on the French fashion.

BOyle a pinte of white Wine, and a pinte of faire Water, a few swæt Herbs, tops of Time, swæt Marioram, winter Sauorie, tops of Rosemary, a præce of whole Mace, a little Parsly pickt small: when all is boyled well together, put in your Fish, and season it well. Then put in a little cruft of Manchet, a quarter of a pound of swæt Butter. Season it with Pepper, and Veriuyce, and so serue in.

To boyle a Gurnet on the French fashion.

DRaw your Gurnet, & wash it cleane, boyle it in water and salt, with a fagot of swæt Herbs: then take it vp, and powre vpon it Veriuyce, Nutmeg, Butter, and Pepper: thicken it with the yolkes of two new layd Egges. All this being powred vpon your Fish, garnish your dish with preserued Barberries, or a sliced Orange.

To

To boyle a Legge of Mutton on the French fashion.

CUt out all the meate at the But end, cleaning the bone still in. Mince it small with Beefe Suit, and Marrow. Then take sweet Creame, yolkes of Egs, a few Raisins of the Sunne, two or three Dates minced, a little grated Bread Season it with Pepper, Salt, and Nutmegge: then worke it stiffe, like a Pudding, and cram it in againe. Then stue it in a Pot with a Marrowbone, and a knuckle of Veale: serue the Legge by it selfe, and your knuckle in stued broth, and your Marrow-bones upon Buys, with Carets, and Pepper.

To hash a Legge of Mutton on the French fashion.

PArboile your Legge, and take it up and pare off some thin slices, and prick your Legge through, and let out the grauie on the slices: then bruise sweet Herbs with the backe of a Ladle, and put in a peece of swet Butter: Season it with Verjuyce, & Pepper: and when your Mutton is boyled, powre it on it, and serue it so to the Table.

To roast a Legge of Mutton, on the French Fashion.

PAre all the skinne as thin as you can: Lard it with sweete Lard, and sticke about it a dozen Cloues: when it is halfe roasted, cut off three or foure thin peeces, & mince it small with a few sweet hearbs, and a little beaten Ginger: put in a ladlefull of claret-wine, a piece of sweet Butter, two or three spoonfuls of verjuyce, a little Pepper, a few parboild Capers: when all this is boyled together, chop the yolke of an hard Egge into it. Then dredge your Legge, and serue it vpon sawce.

To roast a Neates tongue, on the French fashion.

CHop sweet hearbes fine, with a peece of a raw Apple, season it with Pepper, Ginger, and the yolke of a new laid Egge chopt small to mingle amongst it: then stuffe it well with that farcing, and so roast it. The sawce for it is Verjuyce, Butter, and the iuyce of a Lemmon, and a little Nutmegge. Let the tongue lye in the sawce when it goeth to the Table.

Garnish

Garnish your Dish as you thinke fittest, or as you are furnisht.

To boyle Pigeons with Rice, on the French fashion

FIt them to boyle, and put into their bellies sweet Hearbs, viz. Parsley, tops of young Time: and then put them into a Pipkin, with as much Mutton broth as will couer them, a pece of whole Mace, a little whole Pepper: boyle all these together vntill your Pigeons bee tender. Then take them off the fire, and scum off the fat cleane from the broth, with a spoone, for otherwise it will make it to taste ranke. Put in a pece of sweet Butter: season it with Verjuice, Nutmegge, and a little Sugar: thicken it with Ryce boyled in sweet Creame. Garnish your Dish with preserued Barberies and Skirret roots, being boyld with Verjuyce and Butter.

To boyle a Rabbet with Hearbs on the French fashion.

FIt your Rabbet for the boyling, and sethe it with a little Mutton broth, white Wine and a pece of whole Mace:

then take Lettuce, Spinage, Parsley Winter Sauoʒy, sweet Marioram: all these being pickt, and washt cleane, bruise them with the backe of a Ladle (for the bruising of the hearbs will make the broth looke very pleasantly greene.) Thicken it with a crust of manchet, being steeped in some of the broth, and a little sweet Butter therein. Season it with Verjuyce, and Pepper, and serue it to the Table vpon Sippits. Garnish your dish with Barberies

To boyle Chickens in white broth.

TRusse your Chickens fit to boyle, as was before shewed in the Rabbets, cut two or three Dates in small peeces: take a pace of whole Mace: thicken your broth with Almonds: Season it with Verjuyce, and a little Pepper. Garnish your dish sides with sweet Sucket and Sugar, after you haue seasoned your broth. In like sort you may boile a Capon, but then you must put Marrow into your White broth. If you dislike Mutton-broth, then boyle it by it selfe in faire water till it turne as white as a Curd. Eat the

the French men follow the other way, and it is the better.

To boyle a Teale or Wigion on the French fashion.

PArboyle either of these Fowles, and throw them in a Pale of faire water (for that taketh away the rancknesse of the flesh.) Then roast them halfe, and take them off the fire, and put sweet Hearbs in the bellies of them: lace them downe the breast, and sticke them with two or three whole Cloues in the breast with your knife in every eye of them so many. Then put them in a skillet with two or three Ladlefuls of strong Butter-broth, a peece of whole Mace, two or three Little Onions minst small. Thicken it with a toast of houshold bread put in a peece of sweet Butter as bigge as a Walnut: Season it with Pepper and Verjuyce.

To smoore an old Conny, Ducke, or Mallard on the French fashion.

PArboyle any of these and halfe roast it, lanch them downe the breast with your knife, and sticke them with two or three

three Cloues. Then put them into a pipkin with halfe a pound of swæt Butter, a little white Wine, Verjuyce, a peece of whole Mace a little beaten Ginger and Pepper. Then mince two Onyons very small with a pæce of an Apple so let them boyle leisurely, close couered, the space of two houres, turning them now and then. Serue them in vpon Sippets.

Another way to boyle Chickens, or Pigeons, with Gooseberries or Grapes.

BOyle them with Mutton-broth, and White Wine a peece of whole Mace, put into the bellies of them swæt Hearbs: when they be tender, thicken it with a pæce of Manchet and two hard egg yolkes strained with some of the same broth. Then put some of the same broth into a boild-meat dish, with Verjuyce, Butter, and Sugar, and so boyle your Grapes or Gooseberries in the dish close couered, till they be tender, and powre it on the brest of your dish.

To

To boyle a Chine of Mutton or Veale, in sharpe broth, on the French fashion.

COuer your meate with faire water and a little White Wine, a peece of whole Mace a Nutmeg quartered, a handfull of Yearbes cleane pickt, and bruised with the backe of a Ladle, young Lettice, Spinage, Parsley, tops of young Time: when all is boyled well together, thicken it with a crust of Manchet, and the yolke of a hard Egge, steeped in some of the same broth, and draw it through a Strainer, and thicken your broth with it. Season it with a little Verjuyce and Pepper.

To boyle Larkes or Sparrowes.

TRusse them fit to boile, and put them into a Pipkin, with a Ladlefull of Mutton-broth, a peece of whole Mace, a quarter of a Nutmegge, a fagot of sweet Yearbs, and a little young Parsley pickt cleane and short: put your Parsley loose into your broth: season it with Verjuyce, Pepper and Sugar. Thicken it with the yolkes of two new laid Eggs hard, and a peece

peece of Manchet, strained with some of the same broth, till they be tender. Garnish your dish as you will.

Baked-meates.

A made dish of Coney Lyuers.

PArboyle three or foure of them, and then chop them fine with sweet Hearbes, the yolkes of two hard Egs, Season it with Sinamon, Ginger, and Nutmeg, and Pepper: put in a few parboyld Currans, and a little melted Butter, and so make it vp into little pasties, frye them in a Fryingpan, shaue on Sugar, and serue them to the boord.

A made dish of a Sweet-bread.

BOyle, or roast your Sweet-bread, and put into it a few parboyld Currans, a minst Date, the yolkes of two new layd Egges, a peece of Manchet grated fine, Season

Season it with a little Pepper, Salt, Nutmeg, and Sugar, wring in the iuyce of an Orange or Lemmon, and put it betweene two sheets of Puf-paste, or any other good paste: and either bake it, or fry it, whether you please.

A made dish of Sheepes tongues.

BOyle them tender, and slice them in thin slices: then season them with Sinamon, Ginger, and a little Pepper, and put them into a Coffin of fine Paste. with sweet Butter, and a few sweet Yearbes chopt fine. Bake them in an Oven. Then take a little Nutmeg, Vinegar. Butter, Sugar, the yolke of a new laid Egge, one spoonful of Sacke and the iuyce of a Lemmon: boyle all these together on a chafingdish of coales, and put it into your Pye: shog it well together, and serue it to the Table.

A Florentine of a Cony, the wing of a Capon, or the Kidney of Veale.

MInce any of these with sweet hearbs, parboyld Currans, a Date or two minst small, a peece of a preserued Orange or Lemmon, minst as small as

as your Date. Season it with Ginger, Sinamon, Nutmeg, and Sugar: then take the yolkes of two New layd Egges, a spoonefull of swéet Creame, a péece of a short Cake grated, and marrow cut in short péces. Bake this in a dish betwéene two leaues of puf-paste, put a little Rose-water to it before you close your past. When it is baked, shauc on Sugar.

A Fridayes Pye, without either Flesh or Fish.

WAsh gréene Beetes cleane, picke out the middle string, and chop them small with two or thrée well relisht ripe Apples. Season it with Pepper, Salt, and Ginger: then take a good handfull of Raisins of the Sunne and put them all in a Coffin of fine Paste, with a peece of swéete Butter, and so bake it: but before you serue it in, cut it vp, and wring in the iuice of an Orange and Sugar.

A Chewet of Stockfish.

BOyle watered Stockfish, and make it fit to be eaten: when it is cold take the whitest of the fish and mince it small: put in parboild Currans, Raisins of the Sunne

punne. Season it with Nutmeg, Pepper, Salt, and a peece of sweet Butter. Bake it, but before you serue it in, cut it vp, and wring in the iuyce of an Orange.

A Quarter-Tart of Pippins.

Quarter them and lay them betweene two sheetes of Paste: put in a peece of whole Sinamon, two or three bruised Cloues, a little sliced Ginger, Orengado, or onely the yellow outside of the Orange, a bit of sweet Butter about the bignesse of an Egge, good store of Sugar: sprinkle on a little Rose-water. Then close your Tart, and bake it: Ice it before it goe to the boord, serue it hot. This Tart you may make of any puf-paste, or short paste that will not hold the raysing. If you bake in any of these kindes of pastes, then you must first boyle your Pippins in Clarret-wine and Sugar, or else your Apples will be hard when your Crust will be burnt and dryed away. Besides, the wine giueth them a pleasant Colour, and a good taste also. Though you boyle your Pippins tender, take heed you breake not the quarters but bake them whole.

A Gooseberry Tart.

PIcke the stalkes of your Gooseberries, and the pips in the tops: put them in good Paste, with a little greene Ginger sliced in slices: cast on good store of Sugar and Rose-water, and so close them.

A Cherry Pye.

BRuise a pound of Cherries, and stamp them, and boyle the syrrup with Sugar. Then take the stones out of two pound: bake them in a set Coffin: Ice them, and serue them hot in to the boord.

To make an Oyster Pye.

SAue the liquour of your largest Oysters, season them with Pepper and Ginger, and put them into a Coffin: put in a minst Mayon, a few Currans, and a good peece of Butter. Then powre in your syrrup and close it. When it is bakt, cut vp the Pye, and put in a spoonfull of Vinegar and melted Butter: shake it well together, and set it againe into the Oven a little while: then take it out and serue it in.

Amid-

A made dish of Muſckels and Cockles.

Parboyle them and take out the meat, and waſh them very cleane in the water they were boyled in, and a little white-wine: mince them ſmall with two or three yolkes of new-layd Egges. Seaſon it with Pepper, Salt, and a little Nutmeg: then wring in the iuyce of an Orange, and put them betweene two ſheets of Paſte, Bake it, Ice it, and vſe it: you may alſo fry them.

To bake Neates tongues to be eaten hot.

Boyle it tender, and pill off the skin, take the fleſh out at the butt-end: minſe it ſmall with Ore-ſuet, and Marrow. Seaſon it with Pepper, Salt, Nutmeg, parboild Currans, and a minced Date cut in peeces. Take the yolkes of two newlaid Egges, and a ſpoonefull of ſweet Creame, worke all together with a ſilver ſpoone in a Diſh, with a little powder of a dryed Orange-pill: ſprinckle a little Veriuyce ouer it, and caſt on ſome Sugar. Then thruſt it in againe as hard as you can cram it. Bake it on a diſh

in the Ouen: bake it with swéet Butter, that it may not bake dry on the outside: when it is to be eaten sawce it with Vinegar and Butter, Nutmeg, Sugar and the iuyce of an Orange.

A delicate Chewet.

PArboyle a péece of a Leg of Veale, and being cold, mince it with Béefe-suet, and Marrow, and [illegible] Apple, or a couple of Wardens: when you haue minst it fine, put a few parboyled Currans, fiue Dates minst, a péece of preserued Orange-pill minst, Marrow cut in little square péeces: Season all this with Pepper, Salt, Nutmeg, and a little Sugar: then put it into your Coffins, and so bake it. Before you close your Pye, sprinkle on a little Rose-water, and when they are baked chaue on a little Sugar, and so serue it to the Table.

To make an Vmble Pye, or for want of Vmbles to doe it with a Lambes head and Purtenance.

BOyle your meat reasonable tender, take the flesh from the bone, and mince it small with Béefe-suet and Marrow, with

with the Liuer, Lights, and Hart, a few ſweet Hearbes and Currans. Season it with Pepper, Salt, and Nutmeg: bake it in a Coffin raiſed like an Umble pye, and it will eate ſo like vnto Umbles, as that you ſhall hardly by taſte diſcerne it from right Umbles.

To bake a Calues Chaldron.

PArboyle it, and coole it, and picke out the Kernels, and cut it in ſmall peeces: then ſeaſon it with Pepper, Salt, & Nutmeg: put in a few ſweet Hearbs chopt, a peece of ſweet butter, ſprinckle it with Verjuyce, and ſo cloſe it. When you ſerue it in, put to it a little of a Caudle, made with Nutmeg, Vinegar, Butter, Sugar, and the yolkes of two newlayd Egs, a ſpoonefull of Sacke, and the iuyce of an Orange.

To bake a Carpe.

SCald, waſh and draw a fayre large Carpe: ſeaſon it with Pepper, Salt, and Nutmeg, and put it in a Coffin with good ſtore of ſweet Butter: caſt on great Raiſins of the Sunne, the iuyce of two Oranges, put your butter vppermoſt, to

kéepe the reſt moiſt : ſprinckle on a little Vinegar before you cloſe it, and ſo bake it.

To bake a Tench with a Pudding in her belly.

LEt your fiſh blood in the Taile, then ſcald it, and ſcoure it : waſh it cleane, and drie it with a cloath. Then take grated Bread, ſwéet Creame, the yolkes of two or thrée new-laid Egges, a few parboyld Currans, a few ſwéet Herbes chopt fine. Season it with Nutmeg and Pepper, and make it into a ſtiffe pudding, and put it into your Tenches belly. Season your fiſh on the outſide with a little Pepper, Salt, and Nutmegge, and put him in a déepe Coffin with a péece of ſwéet Butter, and ſo cloſe your Pye, and bake it. Then take it out of the Ouen, and open it, and caſt in a péece of a preſerued Orange minſt. Then take Vinegar, Nutmeg, Butter, Sugar, and the yolke of a newlayd Egge, and boyle it on a Chafindiſh of coales, alwaies ſtirring it to kéepe it from curding. Then powre it into your Pye, ſhogge it well together, and ſerue it in.

To

To bake Eeles.

CAt your Eeles about the length of your finger: season them with Pepper, Salt, and Ginger, and so put them into a Coffin, with a good peece of sweet Butter. Put into your Pye great Raisins of the Sun, and an Onyon minst small, and so close it and bake it.

To bake Chickens with Grapes.

TRusse and scald your Chickens, season them wel with Pepper, salt, and Nutmeg: and put them into your Pye, with a good peece of Butter: bake it and cut it up, and put upon the breast of your Chickens, Grapes boild in Verjuyce, Butter, Nutmeg, and Sugar, with the juyce of an Orange.

To bake a Steake pye with a French pudding in the Pye.

SEason your Steakes with Pepper, Salt, and Nutmeg: and let it stand in a tray an houre. Then take a peece of the leanest of a Legge of Mutton, and mince it small with Orestuet, and a few

sweet Herbes, toppes of young Time, a branch of Pennyroyal, two or three leaues of red Sage, grated Bread, yolkes of Egs, sweete Creame, Raisins of the Sunne, worke all together like a pudding with your hand stiffe, and rowle it round like bals, and put them in your Steakes in a deepe Coffine, with a good peece of sweet Butter, sprinkle a little Verjuyce on it, and bake it: then cut it vp, and rowle Sage-leaues in Butter, and frye them, and sticke them vpright in your wals, and serue your Pye without a couer, with the juyce of an Orange or Lemmon.

To make a good Quince-Pye.

PAre them, and coare them (the best of the Quinces is next vnto the skinne, therefore pare it as thinne as is possible) stuffe them with Sugar, then with as much other Sugar as they weigh, put them with peeces of sliced ginger in a Coffin, sprinkle on a little Rose-water before you close your Pye. Bake it, and let it stand long a soaking in the Ouen, Ice it, and serue it in.

To

To make a Pippin-pye.

TAke their waight in Sugar, and sticke a whole Cloue in euery peece of them, and put in peeces of whole Sinamon, then put in all your Sugar, with a slice or two of whole Ginger: sprinkle Rose-water on them before you close your Pye: bake them and serue them in.

To bake a Pigge.

SCald it, and slit it in the middest, fley it, and take out the Bones. Season it with Pepper, Salt, Cloues, Mace and Nutmeg: chop sweet hearbes fine with the hard yolkes of two or three New-layd Egges, and parboyld Currans. Then lay one halfe of your Pigge into your pye, and hearbs on it: then put on the other halfe with more Hearbes aloft vpon it, and a good peece of sweet Butter aloft vpon all. It is a good dish both hot and cold.

To bake Fallow Deere in the best manner.

BAke it first in his owne blood, onely wipe it cleane, but wash it not, bone it

and skin it and season it with Pepper and Salt. Then bake it in fine Paste afterward, either puft-paste or short-paste.

To bake Red Deere.

PArboyle it, and presse it, and let it lye all night in Red-Wine, and Vinegar: then Larde it thicke, and season it with Pepper, Salt, Cloues, Mace, Nutmeg, and Ginger. Bake it in a deepe Coffin of Rye paste, with store of Butter: let it soake well. Leaue a vent-hole in your Pye, and when you draw it out of the Ouen, put in melted Butter, Vinegar, Nutmeg, Ginger, and a little Sugar: shake it very well together, and put it into the Ouen againe, and let it stand three or foure houres at the least, to soake thoroughly, when your Ouen is cold take it out, and stop the hole with Butter.

To bake a wilde Boare.

TAke the buttocke of a Brawne, and the fillets: parboyle it, and mince it small, and stampe it in a Morter till it come like paste, all in a lumpe. Then lard it

it, and vse it like the Red Deere. The fillets also of beefe for a need will serue very well.

To bake a Swan.

SCald it, and take out the bones: then parboyle it, and season it well with Pepper salt and Ginger. Then Larde it, and put it in a deepe Coffin of Rye-paste, with store of Butter. Let it soake well, when you take it out of the Ouen put in more Butter moulten at the vent-hole.

To bake a Turkey or a Capon.

BOne the Turkey, but not the Capon: parboyle them, and sticke cloues in their breasts: Lard them and season them well with Pepper and Salt, and put them in a deepe Coffin with the breast downeward, and store of Butter: and when it is bakte, powre in more Butter, and when it is cold stop the vent-hole with more butter

To bake a Hare on the French fashion:

PArboyle two Hares, and take the flesh from the bone, and mince it small,

and

and beate it in a Morter into a lumpy substance: then sowce it in Wine and Vinegar, as you would doe red Deere, and season it so also. Lap all this pulp about the Chine of one Hare, so it will seeme but one: Lard it well, and put it into a Coffin, with store of Butter, and so bake it. When take it out of the Ouen, and put into it a little melted Butter, Nutmeg, Ginger, and Sugar, and set it into the Ouen againe to soake: when it is cold stop the hole with Butter.

To bake a wilde Goose, or Mallard.

PArboyle them, and breake the breastbone of a large Goose, or take it quite out, and all the other bones also, but not out of a Mallard. Season them and lard them, and put them into deepe Coffins, with store of Butter: when you draw them out of the Ouen, put in more, and dos as before is shewed.

To bake a Curlew or Hearnshaw.

TRusse them, and parboyle them, but vpon one side. Season them with Pepper, Salt and Ginger. Put them in deepe

ape Coffins, with store of Butter, and let he heads hang out for a show.

To bake Woodcockes, or Black-birds.

TRusse, parboyle, and season them with Pepper and Salt: your Woodcocke may be larded: doe as in other.

To bake Larkes or Sparrowes.

SCrue them as before was shewed in the Woodcockes and Blacke-birds.

Fritters on the Court fashion.

TAke the Curds of a Sacke-posset, the yolkes of five new-layd Egges, and the whites of two of them, fine flower, and make thicke batter: cut a Pomewater in small peeces: season it with Nutmeg and a little Pepper, put in a little strong Ale, and warme milke: mingle all together, and put them into Lard, neither too hot nor too cold. If your batter swim it is in good temper.

To

To make Pancakes so crispe, that you may set them vpright.

MAke a dozen or a score of them in a little frying-pan, no bigger then a Sawcer, and then boyle them in Lard, and they wil looke as yellow as gold, beside the taste will be very good.

A Sallet of Rose buds and Cloue Gillyflowers.

PIcke Rose-buds, and put them into an earthen Pipkin, with white-Wine vinegar and Sugar: so may you vse Cowslips, Violets, or Rose-mary-flowers.

To keepe greene Cucumbers all the yeare.

CUt the Cucumbers in peeces, boyle them in spring-water, Sugar, and Dill, a walme or two. Take them vp and let your pickle stand vntill it be cold.

To keepe Broome Capers.

BOyle the greatest and hardest buds of the Broome in Wine Vinegar and Bay-salt, scum it cleane: when it is cold you may put in raw ones also, each by them-

themselues: put in a pèle of Lead on the raw ones, for all that swim will be blacke, and the other that are prested downe, as grèene as any Leeke. The boyld ones will change colour.

Purslaine stalkes.

GAther them at the full growth, but not too old: parboyle them, and kèepe them in white-wine Vinegar and Sugar.

To make Caper-rowlers of Radish cods.

TAke them when they be hard, and not ouermuch open: boyle them tender in fayre-water, boyle White-wine Vinegar and Baysalt together, and keepe them in it.

Diuers Sallets boyled.

PArboyle Spinage, and chop it fine, with the edges of two hard Trenchers vpon a boord, or the backs of two Choppin-kniues: then set them on a Chafindish of Coales with Butter and Vinegar. Season it with Sinamon, Gingar, Sugar, and a few parboyld Currans. Then

eat

cut hard Egges into quarters to garnish it withall, and serue it vpon Sippets. So may you serue Burrage, Bugloſſe, Endiffe, Suckory, Coleflowers, Sorrell, Marigold-leaues, Water-creſſes, Lekes boyled, Onyons, Sparragus, Rocket, Alexanders. Parboyle them and ſeaſon them all alike: whether it be with Oyle and Vinegar, or Butter and Vinegar, Sinamon, Ginger, Sugar and Butter: Egges are neceſſary, or at leaſt very good for all boyld Sallets.

Buds of Hoppes.

SEethe them with a little of the tender ſtalks in faire water, and put them in a diſh ouer coales, with Butter, and ſo ſerue them to the Table.

A Sallet of Mallowes.

STrip off the leaues from the tender ſtalkes ſauing the tops: let them lye in water, and ſeethe them tender, and put them in a diſh ouer coales, with Butter and Vinegar: let them ſtand a while: then put in grated bread and Sugar betweene euery lay.

A Sallet

A Sallet of Burdocke rootes.

Cut off the outward rinde, and lay them in water a good houre at the leaſt: when you haue done, ſæthe them vntill they be tender: then ſet them on coales with Butter and Vinegar, and ſo let them ſtand a prætty while: then put in grated Bread and Sugar, betwixt euery lay, and ſerue them in.

To make blancht Manchet in a Fryingpan.

Take halfe a doozen Egges, halfe a pinte of ſwæt Creame, a penny Manchet grated, a Nutmeg grated, two ſpoonefuls of Roſe-water, two ounces of Sugar, wooke all ſtiffe like a Pudding: then fry it like a Tanſey in a very little Frying-pan that it may be thicke: fry it browne and turne it out vpon a plate. Cut it in quarters, and ſerue it like a Pudding: ſcrape on ſugar.

Puddings.

A fierced pudding.

Mince a Legge of Mutton with sweet Herbs: searce grated Bread through a Collinder, mince Dates, Currans, Raisins of the Sunne being stoned, a little Orengado cut finely, or a preserued Lemmon, a little Coriander-seeds, Nutmeg, Ginger, and pepper: mingle all together with milke and Egges raw, wrought together like Paste: wrap the meat in a cawle of Mutton or of Veale, & so you may either boyle or bake them. If you bake them, beate the yolke of an Egge with Rose-water, Sugar, and Sinamon. And when it is almost bakte, draw it out, and stick it with Sinamon & Rosemary.

A pudding of Veale.

MInce raw Veale very fine, cut some Larde, like Diamonds: mince swæt Mariozam, Pennyroyall, Camomill, Winter-Sauozie, Nutmeg, Pepper, Ginger, and Salt made hot, the gut of a fat Mutton Hogge: cut it about an inch long: wozke it together with Cloze of Sinamon and Sugar and Barberies, sliced Figgs, blancht Almonds, halfe a pound of Béefs-suet, most finely minst: put this into your short skins: set them a boyling in a Pipkin of Claret-wine, with large Mace, a sliced Lemmon, and Barberies in knots, oz Grapes: this is a delicate Pudding.

A Fregesey of Egges:

BEat a dozen of Egges with Creams, Sugar, Nutmeg, Mace, Rose-water, and a Pomewater cut ouerthwart in slices: put them into the Frying-pan with swæt Butter, and the Apples first: when they bee almost enough, take them vp, and cleanse your Pan: put in swæt Butter, and make it hot: put in halfe the Egges

and Creame at one time: stir it with a sawcer, or such a thing. Take it out, & put it in a dish, put in the rest of the Egs and Creame like the former, and then put in your Apples round about the batter. Then cast on the other side on the top of it, and keepe it frō burning with swēt butter. When it is fried on both sides enough, wring on the iuyce of an Orange, and serue it in.

A Cambridge Pudding.

Scarce grated bread thorow a Cullinder, mince it with flower, minst Dates, Currans, Nutmeg, Sinamon and Pepper, minst Suet, new Milke warme, fine Sugar and Eggs: take away some of their whites, worke all together. Take halfe the Pudding on the one side, and the other on the other side, and make it round like a loafe. Then take Butter, and put it in the midst of the Pudding, and the other halfe aloft. Let your liquor boyle, and thrōw your Pudding in, being tyed in a faire cloth: when it is boiled enough cut it in the middest, and so serue it in.

A Swanne or Goose Pudding.

STirre the blood of a Swan, or Goose, steepe fine Oatmeale in Milke, Nutmeg, Pepper, sweet Herbs, minst Suet: mingle all together with Rose-water, Lemmon pils minst fine, Coriander-seeds, a little quantity thereof. And this is a rule both for grated bread Pudding or any other Pudding that is made in a Swanne or Goose necke.

A Liueridge or Hogges Pudding.

BOyle a Hoggs Liuer well, let it be throwly cold: then grate it like Bread: grate Bread, take new Milke, the fat of a Hogge minst fine, put it to the bread, and the Liuer, the more the better, diuide it into two parts. Take store of dry herbes, that are very well dryed, mince them fine, put the herbes into one part, with Nutmeg, Mace, Pepper, Annis-seeds, Rosewater, Creame, and Egs, wash the skins, and then fil them vp, and let them boyle enough. To the other sort put Barberies, sliced Dates, Currans, new Milke and Egs, worke them as the other.

A Chiveridge pudding.

LAy the fattest guts of your Hogge in faire water and Salt, to scowze them. Take the longest and the fattest gut, beginne at the middest of the Gut, and stuffe it with Nutmeg, Sugar, Ginger, Pepper, and sliced Dates, boyle it and serue it to the Table.

A Ryce pudding.

STeepe it in fayre water all night: then boyle it in new milke, and drayne out the Milke through a Cullinder: mince Beefe-suet handsomely, but not too small, and put it in the Rice, and parboild Currans, yolkes of new layd Egs, Nutmeg, Sinamon, Sugar and Barberies: mingle all together: wash your scoured guts, and stuffe them with the aforesaid pulp: parboyle them, and let them coole.

A Florentine of Veale.

MInce cold Veale fine, take grated Bread, Currans, Dates, Sugar, Nutmeg, Pepper, two or three Egs, and Rose-water: mingle all well together, and

and put it on a Chasingdish of coales, stirre them till they bee warme, and then put some betweene two sheetes of puft-paste, and bake it, put the rest vpon slices of a white loafe and frye it in a Frying-panne, washt before with the yolke of an Egge: serue it with Sinamon and Ginger, at the second course.

A Marrow Toast.

MInce cold parboyld Veale, and suet very fine, and sweet hearbes, each by themselues, and then mingle them together with Sugar, Nutmeg, Sinamon, Rose-water, grated Bread, the yolkes of two or three new-layed Egges: open the minst meate, and couer it with the Marrow. Then put your toast into the Pipkin with the vppermost of some strong broth: let it boyle with large Mace, a Fagot of sweet hearbes, scum them passing cleane, and let them boyle almost dry. Then take Potato-rootes boyled or Chestnuts, Skirrootes, or Almonds boyled in White-wine, and for want of Wine you may take Verjuyce and Sugar.

Another in a Frying-pan.

TAke the Marrow whole out of the bone, as neere as you can: tenne Oysters is a fit proportion, for that marrow, being parboyled and bearded, and cut in small peeces. Put in a little yong Time, Pennyroyall, and Parsly minst fine: worke all together like batter. Then rowle your Marrow within that, and season it with Pepper, Salt and Nutmegge. Then make in it little Pastyes with fine Paste: some like Peasecods: fry them, haue en Sugar, and serue them in.

A Pudding stewed betweene two Dishes.

TAke the yolkes of three Egges, and the white of one, halfe a dozen spoonfuls of sweet Creame, a Nutmeg grated, a few cloaues and Mace, a quarter of a pound of Beefe suet minst small, a quarter of a pound of Currans, temper it like a Pudding with grated Bread, and a spoonfull of Rose-water. Then take a Kell of Veale, cut it in square peeces like Trenchers, lay three spoonfuls of the batter vpon one side, then rowle it vp in the Cawle: pin

pin one side ouer the other with two small prickes, and tie each end with a thréed. You may put two, or thrée, or foure of them in a dish, then take halfe a pinte of strong Mutton broth, and halfe a dozen spoonefuls of Vinegar, three or foure blades of large Mace, and an Ounce of Sugar Make this broth to boyle vpon a Chafindish of Coales, and then put in your Pudding: when it boyles, couer it with an other dish, and let it stue a quarter of an houre longer. Turne them for burning, then take vp your Pudding, and lay it vpon Sippets, and power the broth vpon the toppe. Garnish your dish with the coare of a Lemmon, and Barberies: serue them hot, either at Dinner or Supper.

To make French puffs with greene Hearbes.

Tāke Spinage, Palfly, Endife, a sp'ing or two of Sauory: mince them very fine: season them with Nutmeg, Ginger, and Sugar. Wet them with Egges, according to the quantity of the Hearbs, more or lesse. Then take the Coare of a Lemmon, cut it in round slices very thin: put to euery slice of your Lemmon one

spoonefull of this stuffe. Then frye it with swéet Lard in a Frying-panne, as you fry Egges, and serue thē with sippits or without, sprinckle them either with White-wine or Sacke, or any other Wine, sauing Renish-wine. Serue them either at Dinner or Supper.

Dropt Raisins.

TAke the fairest Raisins of the Sunne, slit them on one side: lay them open, as round and as broad as you can. Then take the aforesaid Hearbs minst and seasoned, and lay betwixt two Raisins as many as you can close betwixt them. Take halfe a spoonefull of the aforesaid stuffe that you fryed your Lemmons with: fry them browne.

A Fond pudding.

TAke either Mutton, Veale, or Lambe, roast or raw, but raw is better. Mince it fine with Béefe suet: take Spinage, Parsley, Marigold, Endiffe, a sprig of Time, and a Sprigge of Sauory: chop them fine, and season them with Nutmeg, Sugar, minst Dates: take Currans and grated

grated Bread, the yolkes of three or foure new layed Egges, a spoonefull or two of Rosewater, as much Verjuyce: worke them vp like Birds, Leaues, Fishes, Peares, or what you will. Fry them, or bake them, and serue them vpon sippets, with Verjuyce, or White-wine. Butter and Sugar: serue them either at Dinner or Supper.

To make puffes on the English fashion.

TAke new milke Curds, presse out the Whay cleane, take the yolkes of three Egges, and the white of one, fine Wheat-flower, and mingle amongst your Curdes: Season it with Nutmegge, Sugar, and Rose-water, mingle all together. Butter a faire white Paper, lay a spoonefull at once vpon it: set them into a warme Ouen, not ouer hot, when you see them rise as high as a halfepenny loafe, then take Rose-water and Butter, and indale them ouer: scrape on Sugar, and set them in the Ouen againe vntill they bee dryed at the tops like Ice. Then take them out, and serue them vpon a plate, either at Dinner or Supper.

To

To make a Pudding in a Frying-panne.

TAke foure Egges, two spoone fulls of Rose-water, Nutmeg grated, Sugar, grated Bread, the quantity of a penney Loafe, a pound of Beefe-suet minst fine: worke them as stiffe as a Pudding with your hand, and put it in a Frying-panne with sweet Butter, fry it browne, cut it in quarters and serue it hot, either at Dinner or Supper. If it be on a fasting-day leaue out the Suet and Currans, and put in two or three Pomewaters, minst small, or any other soft Apple that hath a good relish.

To make Apple-puffes.

TAke a Pomewater, or any other Apple that is not hard, or harsh in taste: mince it small with a dozen or twenty Raisins of the Sunne: wet the Apples in two Egges, beate them all together with the backe of a knife or a spoone. Season them with Nutmeg, Rose-water, Sugar, and Ginger: drop them into a Frying-pan with a spoone, fry them like Egs, wring

wring on the iuyce of an Orange or Lemmon, and serue them in.

To make Kick-shawes.

TAke the Kidney of a Veale, or Lambe, or if you haue neyther of both, then take the eare of Mutton, take the fat and all, Boyle it, and mince it fine: season it with Nutmeg, Pepper, and Salt. Then take two or three Eggs, a spoonfull of Rosewater, two or three spoonefuls of Sacke, as much grated Bread as will worke them like Lith-paste. Then flower your moulds, and fill them with that paste: then rolle a thin sheete of paste, wet it and couer it ouer: fry them, and turne them into small dishes, and keepe them warme in the Ouen, serue them at dinner, or Supper. If you will bake them, then you may turne them into the dish raw, out of your moulds, and Ice them with Rosewater and Sugar, and set them in the Ouen, when your Pyes are halfe bakt.

To

To make some Kick-shawes in paste, to fry or bake, in what forme you please.

MAke some short Puft-paste, rowle it thinne, if you haue any moulds you may worke it vpon your moulds, with the pulp of Pippins, seasoned with Sinamon, Ginger, Sugar, and Rose-water, close them vp, and bake them, or fry them: or you may fill them with Gooseberries, seasoned with Sugar, Sinamon, Ginger, and Nutmeg: rowle them vp in yolkes of Egges, and it will keepe your Marrow, being boyled, from melting away, or you may fill them with Curds, boyled vp with whites of Egges and Creame, and it will bee a tender Curde: but you must season the Curde with parboyld Currans, three or foure sliced Dates put into it, or fiue bits of Marrow, as bigge as halfe a Walnut: put in some small peeces of Almond-paste, Sugar, Rose-water, and Nutmeg. And this will serue for any of these Kicke-shawes, eyther to bake, or for a Florentine in Puft-paste: any of these you may

may fry or bake, for Dinner or Supper.

To make an Italian pudding.

Take a penny white loafe, pare off the crust, and cut it in square peeces like vnto great Dyce, mince a Pound of Beefe-suet small: take halfe a Pound of Raisins of the Sunne, stone them, and mingle them together, and season them with Sugar, Rose-water and Nutmeg, wet these things in foure Egs, and stirre them very tenderly for breaking the Bread: then put it in a dish, & pricke in three or foure peeces of Marrow, and some sliced Dates: put it into an Ouen hot enough for a Chewet: if your Ouen bee too hot, it will burne: if too cold, it will be heauie. When it is bakt, scrape on Sugar and serue it hot at Dinner, but not at Supper.

To

To boyle a Racke of Veale on the French fashion.

CUt it into Steakes, cut a Carret or Turnip in peces like Diamonds, and put them into a Pipkin with a pinte of White-wine, Parsly bound in a Fagot, a little Rosemary, and large Mace, and a sticke of Sinamon: pare a Lemmon, or Orange, and take a little grosse Pepper, halfe a pound of Butter: boyle all together untill they be enough: when you haue done, put in a little Sugar and Verjuyce, Garnish your dish as you list.

To fearce a Legge of Lambe on the French fashion.

TAke the flesh out of the in-side, and leaue the skin whole, mince it fine with suet: take grated Bread, mince Orange pill, sliced Nutmeg, Coriander-seeds, Barberies pickt, a little Pepper: worke all together with yolkes of Egges, like a Pudding, and put it in againe. If you want a cawle of Mutton to close it with, then take the yolke of an Egge, and smeare it

it all ouer, and it will hold it fast. Then put it in a dish raw, and set it vpright, and put a little Butter into the dish, and set the dish into the Ouen: put to the aforesaid things, Sugar, Currans, and sliced Dates, Salt and Verjuyce. When it goeth to the Table, strow it with yolkes and parsley, either of them minst by it selfe.

To hash Deere, Sheepe, or Calues tongues, on the French fashion.

BOyle, Blanch, and Larde them sticke them with Cloues and Rosemary, and put them on a Spit, untill they bee halfe roasted. Then put them into a Pipkin with Claret-wine, Sinamon, Ginger, Suger, sliced Lemmon, a few Carrawayseeds, and large Mace. Boyle all together and serue them in with fryed toasts.

English

English Cookerie.

To boyle a Capon.

Take strong broth of Marrow-bones, or any other strong broth, put the Marrow into a pipkin with salt: boile your Capon in the Pipkin, and scum it cleane, before you bee ready to take it off put in your Salt. Take a pinte of White-wine in a Pipkin, for one Capon, if you haue more, you must haue more wine: halfe a pound of Sugar, a quarter of a pound of Dates sliced, Potatoes boyled, and blancht, large Mace, Nutmeg sliced: if you want Potatoes take Endiffe, and for want of both, boyle Skirrets, and blanch them: boyle all together, with a quarter of a pinte of Verjuyce, and the yolkes of Egges, straine it and stirre it about, and put it to the Capon with strong broth.

To

To garnish your Dishes.

Garnish your Dishes round about with fine Sugar: take Orengado dipt among Biskets: take Carawaies. Take a Pomegranat and garnish the side of your Dish with it: take Currans and Prunes, and wrap them in fine Sugar, having bene first boyled tender in faire water: Take a Lemmon and slice it, and put it on your Dish, and large Mace steeped or boyled or preserued Barberries. Any of these are fit to garnish your Dish: take your Capon out of the broth, and put it into a dish with sippets, and of these garnishes round about it.

To boyle a Capon another way.

Boyle a Knuckle of Veale vntill it make strong broth: then take your Capon, & boyle it in faire water and Salt, and when it is almost boyld, take it & put it in a Pipkin, and straine your broth into the Capon: Then wash and scrape Parsley, and Fennell-rootes cleane, pith them, and slice them along: boyle them in a skillet of water, and when they are halfe boyled take them from the fire, and put them

in a strainer, and then in a cleane Pipkin. Then take a little Rose-water, and a quarter of a pound of fine Sugar, vntill it be as cleare as glasse: then take a little large Mace, a faggot of sweet Hearbes, a minst Lemmon, the pill taken off. Boyle a few Raisins of the Sunne with it, but first take out your Capon and season the broth: put the Capon into a Dish very finely garnisht: then put the broth to the Capon: then take Parsley rootes, and lay them on the top of the Capon with your minst and sliced Lemmon, your Raisins of the Sunne, and your large Mace. Garnish your dish, as before is shewed.

To boyle a Capon in Rice.

BOyle a Capon in Salt and water, and if you like it, you may put into a faire cloath, a handfull of Oatmeale: then take a quarter of a pound of Rice, and steepe it in faire water, and so halfe boyle it: then straine the Rice through a Cullinder: then boyle the Rice in a Pipkin, with a quart of milke: put in halfe an ounce of large Mace, halfe a pound of Sugar: boyle it well, but not ouer-thicke, put in a little Rose-water: blanch halfe a pound of Almonds,

monds, and beate them in a morter with a little Creame and Rose-water: beate them fine, and straine them into a Pipkin by it selfe. Then take vp your Capon, and set your Almonds a little against the fire; Garnish your dishes as you thinke fit, and lay in your Capon, and put your Rice handsomely vpon the Capon, and then the broth vpon the Rice.

To boyle a Capon with Oysters, and pickled Lemmons.

BOyle the Capon halfe enough, with faire Water & Salt: then straine some of the broth into a quart of Renish-wine: then put in a few sweet Herbes, minst with a pickled Lemmon or Orenge, put all into the Pipkin, and let them boyle together. Then take the Oysters, picke and beard them, and parboyle them: then put them out of the broth into a Cullinder, and then put them into a pipkin. Then take a few Raisins of the Sunne: if you loue the iuyce of an Onyon, first boyle some Onyons by themselues, and straine them, and then put them into the pipkin, and serue it in with what garnish you please.

To boyle a Capon with Pippins.

PArboyle it as before, then put two Marrow-bones into a Pipkin, or rather put the marrow of two or three bones into a pipkin, with a quart of White-Wine, a little sliced Nutmeg, halfe a score of Dates. When you haue so done, put in a quarter of a pound of Sugar, then pare your Pippins, and cut them into quarters, and put them into a Pipkin, and couer them with a little Rose-water and Sugar, and boyle them. Then take (if you haue it) Cppets of Manchet, and for want thereof take other Bread: then boyle seuen or eight Egges hard, take out the yolkes and put them in a strainer. Then take a little Verjuyce, and strong broth where the Capon is boyling, straine it, and put it in a Pipkin, and stirre all together with the Pippins and Muscadine: let the Muscadine bee put on, when the Pippins are cold.

To

To boyle Chickens in White-broth.

TRusse and parboyle them very white: then put them with sweet Herbes into a Pipkin with Mace, peeces of Sinamon, chop a little Parsley but course, and straine the yolkes of foure or five Egges, with a little verjuyce, which must be put in when they are ready to be taken from the fire. Garnish your dish,

To boyle Chickens in soope.

BOyle them untill they bee enough, boyle Artichokes very well, and blanch them. Then put your Chickens into a pipkin with strong broth. Cut your Artichokes, and put them into a pipkin with a few sliced Dates: wash a few Raisins of the Sun, and a few Currans cleane, put them into a pipkin: the take Cola Flora, and wash it cleane, and parboyle it very well. When you take them from the fire, blaunch them very cleane, & put them into a pipkin: then take some of your Artichokes left, and a little white Bread,

lard in steepe with a little broth and Verjuyce, halfe a dozen yolkes of hard Egges, and a little strong broth and Verjuyce, a quarter of a pound of Sugar, put it into the Pipkin and stirre all together, with a good quantity of Butter: then mince the flowers of Marigolds, and boyle them with the rest: scum the broth cleane, and then it will looke very cleare: with this boyling you may boyle Capon, Pigeon, Rabbet, Larke, &c.

To boyle the common way.

TRusse and parboyle them, and put them into a Pipkin with strong broth: then take Parsley, Endiffe, Spinnage, a Fagot of sweet Herbes. Bruise your parsley and Endiffe, and put them into a Pipkin, and two or three ribs of Mutton, and if you haue any Potatoes, or Skirrets, put them in with Marigold Flowers, and let them boyle well together: then slice one Carret, and cast it in, and serue it with a few large Mace, and a little Verjuyce. Take the yolkes of halfe a dozen Egs, mince them by themselues fine, and the parboyld Parsley by it selfe then mingle them with a few Barberries, cast all these things on the toppe

toppe of the Chickens, after you haue put them in the Dish: so also may you do with a Knuckle of Veale.

To boyle Chickens with Lettice the best way.

CUt euery Chicken in foure quarters after the parboyling of them, and put them into a Pipkin with two or three Swæt-Breads of Veale: or if you cannot so readily come by so many, then take the Udder of a Veale, and parboyle it very wel Cut it in pæces, and put it into the Pipkin, with a sliced Lemmon. Then take Lettice, cut them, and wash them cleane, and bruise them with the backe of a Ladle, and put them into the pipkin: then take a good deale of swæt Butter, about the quantitie of halfe a pound, halfe a pinte of Sacke, a quarter of a pinte of white-wine, Mace, a sliced Date, a Nutmeg: you may put in three or foure Dates sliced, if you haue so many. Let all these boile together ouer the fire with Marigold-flowers and swæt Hearbes.

To boyle a Rabbet.

PArboyle your Rabbet well, and cut it in peeces: then take strong broth, and a Fagot of Hearbes, a little Parsley, sweet Marioram, three or foure yolkes of Eggs, strained with a little white Bread, and put all in a Pipkin with Mace, Cloues, and a little Verjuyce to make them haue a tast.

To boyle a Rabbet with Grapes or Gooseberries.

TRusse your Rabbet whole, and boyle it with strong broth, vntill it bee ready. Then take a pinte of White-wine, a good handfull of Spinnage chopt in peeces, the yolkes of Egges cut in quarters, and a little large Mace. Let all boyle together with a Fagot of sweet Hearbes, and a good peece of Butter.

To boyle a Rabbet with Claret-wine.

VSe it as before is shewed, slice Onyons, and a Carret-root, a few Currans, and a Fagot of Hearbes, minst Parsley, Barberries pickt, large Mace, Nut-

Nutmeg, and Ginger: throw them all into the Pipkin. Boyle it with halfe a pound of Butter.

To boyle a wilde Ducke.

TRusse and parboyle it, and then halfe roast it: then carue it, and saue the grauey: take store of Onyons, Parsly, sliced Ginger and Pepper: put the graue into the Pipkin with washt Currans, large Mace, Barberries, a quart of Claret-Wine: let all boyle well together, scumme it cleane, put in butter and sugar.

To boyle a tame Ducke, or Widgin.

PArboyle your Fowle well, take strong Mutton broth, a handfull of Parsley, chop them fine with an Onyon, and Barberries, pickt Endiffe washt: throw all into the Pipkin with a Turnip cut in peeces, and parboyld, vntill the rancknesse be gone: then put in a little White-wine, or Verjuyce, halfe a pound of Butter: boyle all together, and stirre it and serue it with the Turnip, large Mace, Pepper and a little Sugar.

To

To boyle Pigeons.

PArboyle your Pigeons with Parsley in their bellies, and Butter: put them in a Pipkin with strong broth, about a quart thereof, a ribbe of Mutton, large Mace, a little grosse Pepper, beaten Sinamon, a little Ginger and Sugar, a few Raisins of the Sunne, a few Currans, Barberries in bunches, halfe a pinte of white-wine, boyle all together with a little Bread steeped in broth, to colour it: straine it with some of the broth, and put it into the pipkin: let them boyle till they be enough, and so serue them in. This broth may serue to boyle Woodcockes, or Partridges in, with this difference, take some of the broth out of the Pigeon, and put in a minst Onion. Let all boyle vntill it be enough.

To boyle Pigions with Capers or Sampyre.

PUt them into a pipkin, with a pinte or more of White-wine, a little strong broth, a ribbe or two of Veale: wash off the saltnesse of your Capers or Sampyre: blaunch halfe a pound of Almonds, put them in cold water, cut them long wise, and

put

put them into the Pipkin with Raisins of the Sunne. Take large Mace, a little sliced Ginger, a sliced Nut-meg: let them all boyle together with a Fagot of Hearbes. Throw into them three or foure yolkes of Egs whole, and a peece of Butter, the put in the Sampyre or Capers. This boyling will serue well for Rabbets.

To boyle Sawceges.

Put them into a quart of Claret Wine, large Mace, Barberries, Sinamon a handfull of sweet Hearbes. Garnish this Dish with Sinamon, Ginger, and fine Sugar.

To boyle Goose-giblets, or Swannes giblets.

Picke and parboyle them cleane, and put to them some strong broth, with Onyons, Currans, and Parsley, and let al boyle together with large Mace, and Pepper: boyle them well with a Fagot of sweet Hearbes, and then put in Verjuyce and Butter.

Giblets

Giblets with Hearbes, and Rootes.

PIcke and parboyle them, and put them in a quart of Claret-wine into a Pipkin, halfe an ounce of Sugar, a good quantity of Barberries, Spinage, and a Fagot of swæt Yearbs, boyld Turnips, and Carrets sliced, and put them into the Pipkin, and boyle them well together: then take strong broth, Verjuyce, and the yolkes of two or three newlayd Egs: straine them, and put them into the Pipkin.

To smoore a Racke or ribbes of Mutton.

CUt your Mutto in peces, and split it with the backe of a Cliver, and so put it into a dish, and a pece of swæt Butter, and put it into the bottome of your dish: then take a Fagot of swæt Yearbes, and grosse Pepper: stue them in a covered dish, with a little Salt: turne them now and then, and when they are enough, put them in a cleane Dish with sippets. The Dish is best garnished with Barberries, and Pepper.

For

For the fillets of a Veale, ſmoored in a Frying-panne.

CUt them as for Olives: hacke them with the backe of a knife: then cut Lard fine, and lard them, then put them in a Frying-pan with ſtrong Beere, or Ale, and frye them ſomewhat browne: then put them into a pinte of Claret-wine, and boyle them with a little Sinamon, Sugar, and Ginger.

A Diſh of Steakes of Mutton, ſmoored in a Frying-panne.

TAke your Legge of Mutton cut into Steakes, & put it into a Frying-pan, with a pinte of White-Wine, ſmooze them ſomewhat browne: then put them into a Pipkin. Cut a Lemmon in ſlices, and throw it in: then take a good quantity of Butter and hold it over the fire: when it is ready to frye put in a handfull of Parſley, and when it is fryed, put it into the Pipkin and boyle all together. This Diſh would bee garniſhed with Sinamon, Sugar, and ſliced Lemmons.

To

To smoore a Chicken.

CUt it in small peces, and fry it with swet Butter: take Sacke, or white Wine, Parsly, an Onyon chopt small, a pece of whole Mace, and a little grosse Pepper: put in a little Sugar, Verjuyce, and Butter. Then take a good handfull of Clary, and pick off the stalkes, then make fine batter with the yolkes of two or three new laid Egges, and fine flowre, two or three spoonefuls of sweet Creame and a little Nutmegge, and so frye it in a Frying-panne with swet Butter: serue your Chickens, with the fryed Clary on them. Garnish your Dish with Barberies.

To fry Mussels, Perywinckles, or Oysters, to serue with a Ducke, or single by themselves.

BOyle these shell Fishes: then flowre and frye them: then put them into a Pipkin, with a pinte of Claret-Wine, Synamon, Sugar, and Pepper. Take your Ducke boyled or roasted, and put them into two seuerall Pipkins, if one be boyled, and the other roasted, and a little Sugar,

Sugar, large Mace, and fryed toasts, stucke round about it with Butter.

To marble Smelts, Soales, Flounders, Plaice, &c.

FRye Sallet Oyle in a Frying-pan or Chafer, wipe your Fish, and when the Oyle is hot, put in so much Fish as the Oyle will couer, and when it wastes you must supply it. Then frye Bay-leaues, where the Fish hath beene fryed in whole peeces: put Claret-Wine into an earthen Panne, put the fryed leaues into the bottome of the Panne, and let some of them lie aloft: slice an ounce of Nutmeg, or rather two, as much Ginger, and large Mace, a few Cloues and Wine-Vinegar: put your marble Fish into the Liquor, so as the Bayleaues and spices couer it, as well as it that lyeth vnder. And vpon occasion serue it with the Bay-leaues, and the spyces of the liquor.

To congar Eeles in collar, like Brawne.

CUt them open with the skin on, and take the bone cleane out, large Mace, grosse Pepper, some fine sweet Hearbes, chopt

chop vnder your Knife. Then straw the Herbes and the Spices all along the inside of your Eele, and rowle it like a collar of Brawne: so may you doe with Tenches, boyled in faire water, white Wine, and a quantity of Salt, so put in some sliced Ginger, Nutmeg, and Pepper in graine When it is well boyled put it into a earthen Panne, couered with the owne liquor, and a little White-wine Vinegar.

To sowce a Pigge in collars.

Chine your Pigge in two parts: take out all the bones, lay it in a Kéler of water all night. The next day scrape off all the filth from the backe, and wipe it very dry: then cast Pepper on it, a little large Mace, and Ginger, with a Bay-leafe or two, euen as you would doe a collar of Brawne, and let your panne boyle before you put it in: kéepe it with scumming vntill it bee halfe boyled, then take out a Ladlefull or two, and put it in a Panne by it selfe, put into this boyling some Renish or Claret-Wine, sliced Nutmegge, grosse Pepper, sliced Ginger. Let it stand vntill it

it bee almost cold, and then dish it with Bay-leaues.

To sowce a breast of Veale.

BOne your breast, and lay it in fayre water, vntill the blood be gone. Then take it, and dry it, and take all kinde of swèt hearbes, Nutmeg beaten, Sinamon beaten, Ginger beaten, but not too fine, Callender, pared Lemmon-pill cut in fine peces: mingle all together, spread your Veale, and cast it on the inside, and then rowle it like a collar of Brawne, binde it close. Let your liquor boyle, and put in your Veale. So you may vse Rackes vnbound, and Breasts vnbound. Let it bee scum'd very cleane: then put in a Fagot of swèt hearbes, and kèepe it couered, for that will make it white: when it is almost boyled, throw in sliced Nutmeg large Mace, a little Ginger, a Lemmon or two sliced.

To hash a shoulder of Mutton, or a Legge of Lambe.

TAke your meate off the Spit, and hash it into a Pewter Dish: put in some Rennish-Wine, Raisins of the Sunne,

sliced Lemmon, raw Oysters: put them all together into a pipkin, and stirre them. If you want Oysters, and Raisins then take two Oysters whole, put them into the meate. If you want Wine, take strong broth, Verjuyce, & Sugar, Throw a few Barberries into the Dish, and serue it on toasts or sippets.

A Legge of Lambe fearst with Hearbes.

Serue it as before shewed, with swéet Hearbes, and grated Bread, Bisket-seeds, a few Coriander-seeds, Lemmon pills minst fine, Nutmeg sliced, sliced Dates. a little grosse pepper, Capers, washt cleane: put all together with fiue or seuen yolkes of newlayd Egges, hard roasted, and whole, & put them in your stusse, and worke them with Sugar, Rosewater, and Verjuyce, and the Marrow of a bone or two, Salt, and pepper, put all together into the Skin: Carrawayes and Orangado are fittest garnish for your Dish.

To

To ſmoore Calues feet.

BOyle and blaunch them, and lay them in faire water and Salt, and when they are cold, cut them in the middeſt, and take out the blackeneſſe, and put them in a Diſh with ſwéet Butter, Mince parſley, Onyons, and tops of time, Currans, large Mace, pepper, with a little Wine-Vinegar. Let all ſtue together vntill they bee readie: put in a few Barberries, chopt parſley fine, two or thrée yolkes hard, and minſt by themſelues, Roſe-water, and ſugar, and when you ſerue it, ſtrow it with parſley and hard Egs.

Another way.

BLaunch them as before, put them in a Diſh with fayre water and Butter, chop Lettice, and Spinnage, with the backe of your Knife: and put them in a Diſh: let them boyle with large Mace, ſliced Lemmon, a few Grapes or a ſtewed Cucumber ſliced. Let all boyle well together with pepper: ſtraine into a Diſh the yolkes of Eggs, Verjuyce, and Sugar: ſtraine them together when they go to the Table, This boyling will ſerue for

Neates-fat, Sheepes-Trotters, or Hogs-fat: serue them hot at Supper.

To hash Neates-Tongues.

BOyle them, and blaunch them, and slice them in peeces, put them into a Pipkin with Raisins of the Sunne, large Mace, Dates sliced, a few blaunched Almonds, and Claret-Wine, boyle all together with halfe a pound of sweet Butter, Verjuyce and Sugar. Straine a Ladle full of liquour, with the yolkes of about halfe a dozen Egges.

The same with Chestnuts.

SCrue your tongue, as before: put it in a Pipkin with blaunched Chest-nuts, strong broth, a fagot of Hearbes, large Mace, washt Endiffe, a little Pepper, a few Cloues, and whole Sinamon. Boyle all together with Butter, season them with Salt onely, garnish your Dish as you list.

Certaine

Certaine Gellies.

Christall Gellie.

Take a knuckle of Veale, & a paire or two of Calues-feet, take out the fat betweene the Cleafe, wash them in two or three warme waters, and let them be al night in an earthen pot or panne, in faire water. The next day boyle them very tender in faire Spring-Water, from a gallon to three pintes: then let the liquor ſtand vntill it be cold in an earthen Baſon, pare away the top and bottome, and put to it a little Roſe-water, ſeaſon it with double refined ſugar, then put to it halfe a dozen ſpoonfuls of Dyle of Cinamon, and as many of Dyle of Ginger, and halfe ſo much Dyle of Nutmeg, a graine of Muske tyed in a little Lawne: when all this is boyled toge-

ther, put it into a Siluer or earthen Dish, and so let it stand vntill it bee throughly cold, and then either serue it in slices, or otherwise, as you please.

To make Gellie of Pippins, of the colour of Amber.

TAke eight faire pippins, take out the coares, boyle them in a quart of Spring-water, from a quart vnto a pinte: put in a quarter of a pinte of Rose-water, a pound of fine Sugar, and boyle it vncouered, vntill it come to the colour of Amber: you may know when it is enough, by letting a drop fall on a peece of Glasse, and if it stand it is enough: then let it runne into an earthen or Siluer Vason vpon a Chasindith of Coales, and while it is warme, fill your Bores or printing-moulds with a spoone, and let it stand, and when it is cold you may turne it out of your mould, and it will bee printed on the vpper side.

To make Gellie of Pippins as orient red as a Rubie.

TAke eight faire pippins, take out the coares, boyle them in a quart of spring-water, and a pound of fine Sugar, boyle it still couered close vntill it be red, and in all the other operations you must doe as in the Amber coloured Gellies, remembring alwaies that your Bore or moulds bee laid in water before you vse them three or foure houres, and the Gellie will not cleaue vnto them.

To make white Leach of Almonds.

TAke halfe a pound of Iordan Almonds, lay them in cold water, the next day blanch them, and beate them in a stone Morter, put in some Damaske-rose-water into the beating of them: and when they be beaten very fine, drawe them through a strainer, with a quart of sweet milke, from the Cow: set it vpon a Chafing-dish of Coales, with a peece of Isin-

glas, a peece of whole Mace, one Nutmeg quartered, a graine of Muske tyed in a faire cloute and hung vpon a threed in it: And when you see it grow something thicke, take it off the fire, and take out your whole spices, and let it runne thorow a strainer, into a broad deepe Dish. And when it is cold, you may slice it, & so serue it in. If you please you may cast some of it into colours, as Yellow, Greene, Red: your Yellow must be Safron, or the blossomes of white Roses: the Greene, must be the iuyce of Greene Wheat: and your Red you must make with Turnsoll: thus you may haue Leach of foure seuerall colours.

FINIS.

THE SECOND BOOKE OF Cookerie.

VVherein is set forth the newest and most commendable Fashion of Dressing, Boyling, Sowcing, or Roasting, all manner either Flesh, Fish, or any kinde of Fowle.

Together with an exact order of making Kickshawes, or made-dishes, of any fashion, fit to beautifie either Noblemans or Gentle-mans Table.

All set forth according to the now new English and French fashion.

BY

IOHN MVRRELL

The fourth Impression.

LONDON
Printed for *Iohn Marriot*, and are to be sold at his Shop in Saint Dunstans Church-yard. 1631.

TO THE RIGHT WORSHIPFVLL THE Lady *Browne*, Wife to the right Worſhipful Sir *Iohn Browne*, Knight: health and happineſſe.

My moſt Honourable Lady:

HE laſt Booke of this kind which I publiſhed (the laſt yeare) hauing vnder your name found ſo good welcome at their hands into which it chanced, (ſith it mended their fare with their owne food) hath now (for their further welfare in the like maner) called out this Second part, as a ſecond ſeruice to ſatisfie their more daintie deſire: In which ſeruices, ſuch Nouelties as *Time*, *Arte* and *Diligence* (the Perfecters

fecters of each *Faculty*) doe daily deuise, may be seene and practised, to giue all contentment to the curiou'st pallate. And this I take to be no sinfull curiositie, but it is rather a sinne to marre good meate with ill handling; and so the old prouerbe verified; *God sends Meat, but the Deuill Cookes:* What it is, (*Good Madam*) is altogether, with the Author, yours, though he shew it others; that so the world may be thankfull to you for good meate well drest though at their owne cost: And let me loose my credit with you and the world too, if it deceiue their expectation, so as they Cooke it by this booke. To the tryall whereof, I referre them: recommending it and my selfe, to your Ladyships wonted fauour, resting in all humble seruice.

Your Ladyships

IOHN MVRRELL.

THE SECOND Booke of Cookery.

To boyle a Capon larded with Lemmons on the French fashion.

TAke a fat young Capon, and three or foure peeces of a necke or chine of Mutton, and put them together in a Pot or Pipkin vntill your Capon bee tender: boyle them with as much faire water as will couer them, then take a pinte of the broth out from them, and put it into another Pipkin: put in sir blades of whole Mace, as many Dates broken in quarters, and eight lumps of Marrow: then take two Artichoake bottomes, cut them in square peeces or quarters:

quarters: if you haue no Artichoakes then take potatoes, and as much sugar as will sweeten it, boyle them on the fire, vntill the Marrow bee boyled, then take the yolkes of fiue or sixe Egs, halfe a pinte of Sacke or Muscadine, wring in the iuyce of two or three Lemmons, a little Sugar, a little Amber-greece, a little Rosewater and salt, straine them thorow a Canuis strainer, and put them into a pipkin to your Marrow, brew them together with your Ladle, that they curdle not. Garnish the Dish with wet Suckets and preserued Barberries, your sippets must bee dyet-bread: then take vp your Capon, and take a preserued Lemmon cut in long slices, draw those slices thorow the brest of the Capon thicke, lay the Capon into your garnisht dish, and powre your broth hot on the top of the Capon: Lay on it Sucket and preserued Barberries, scrape on fine sugar, then serue it hot to the Table.

To boyle Chickens:

BOyle your Chickens in a Skillet or grene pipkin, with as much faire water as will couer them, put to two or three whole Maces, and put into them a good

pæce of Butter, and a little salt, according to the quantity of your broth, one handfull of pickt parsley, two or three sprigs of Time and Winter-Sauorie stript, bruise them together, and put them into your pipkin to the Chickens, and when the Chickens bee almost boyled, put in a handfull of Gooseberries or clusters of Grapes græne or Lemmons payred and cut in pæces, or Barberries off the træ or out of the pickle: take any of these fruits, garnish your dish fitting for your Chickens, serue them in vpon hot sippets, lay the Liuers & the Gizzards with the fruit on the Chickens, scrape on fine sugar, and serue it hot to the Table.

Another way to boyle Chickens, or a Capon in White-broth.

TAke and boyle in a pot or pipkin two or three small Chickens, take two or three blades of whole Mace, as many quartered Dates, three or foure lumps of Marrow, a little Salt, a little Sugar, the yolkes of two or three Egges, a quarter of a pinte of Sacke, straine your Egges, and Sacke thorow a Canuis strainer, and put them into the Chickens, brew it with your

your Ladle for curdling: slice a Lemmon rinde, but first taste it, that it be not bitter, if it be, pare it, and garnish your Dish with Lemmons and hard Egs quartered: then powre the broth vpon sippets, and lay in the Chickens, scrape on Sugar, and serue it hot.

Another way to boyle Chickens, for one that is sicke, and to prouoke sleepe.

PVt two or three small Chickens into a greene Pipkin, with as much fayre water as will couer them, scumme them, and put into them the top or bottome of an vnchipt Manchet, two or three blades of Mace, one handfull of Raisins of the Sun, the stones pickt out, as much sweet Butter as a Walnut, parboyle three or foure hard Lettices in Lettice water in a Skillet, cut them in quarters, put them to your Chickens, wring in the iuyce of a Lemmon, let him drinke the broth, and eate the Lettice with the Chickens: If the Patient bee bound in the body, put not in the Butter vntill the Chickens be boyled.

Another way to boyle them on Sorrell-sops, for him that hath a weake stomacke.

BOyle them in as much faire water as will couer them, with pickt Parsley and swéet Butter stopt in their Bellies: put into the broth, Parsley, Winter-sauorie and Time pickt and stript, a blade or two of Mace, one handfull of greene Sorrell, stampt in a wooden Dish, or stone morter: put halfe your broth into the Sorrell from the Chickens, wring in the iuyce thorow a Canuas strainer into a pewter Dish, put in as much Butter as a walnut, a little Sugar, then set it on a chasindish of coales, then take a déepe Dish, slice in some Manchet, couer the bottome of the dish with them, powre the other halfe of the broth from your Chickens vpon the sippets, and lay the Chickens on them, then take your Sorrell sauce, and powre it on the Chickens, scrape on Sugar, and serue it hot to the Table.

To boyle Partridges.

PUt two or thrée Partriges into a pipkin with as much water as will couer

them, then take three or foure blades of Mace, one Nutmeg quartered, fiue or sixe whole cloues, a peece of sweet Butter, two or three Manchet toasts tosted brown, soake them in a little Sacke or Muscadine, straine it thorow a Canuas strainer with a little of the broth, then put them into the Pipkin, to the Partriges, boyle your Partriges very softly, often turning them vntill your broth bee halfe boyled away, then put in a little Salt and a little sweet Butter: when your broth is boyled, garnish your Dish with a slices Lemmon, the yolke of an hard Egge minst small, then lay on small heapes betweene the slices of the Lemmon, then lay your Partridges in your garnisht Dish vpon sippets, and powre your broth hot vpon them, lay vpon the breast of your Partridge round slices of a Lemmon paired, minse small and straw on the yolke of a hard Egge: pricke all ouer the breast of your partriges fiue or sixe wing-feathers, scrape on Sugar, and serue it hot. In like manner you may boyle yong Phesants, or yong Turkies, or Peachickens or Woodockes, or Quailes, or Larkes, or Sparrowes.

To

To boyle a Legge of Mutton on the French Fashion.

TAke a faire Legge of Mutton, and a peece of suet of the kidney cut in long slices as bigge as ones finger, then thrust your knife into the flesh of your Legge downe as deepe as your finger is long, and thrust into euery hole a slice of the aforesayd kidney suet, but take heed that one peece touch not another: boyle your Legge well, but not too much, then put halfe a pinte of the broth into a Skillet or Pipkin, and put to it three or foure blades of whole Mace, halfe a handfull of Currans and Salt, boyle them vntill the broth bee halfe boyled away: then take it off the fire, and straight before the broth hath done boyling, put in a peece of sweet Butter, a good handfull of French Capers, and a Lemmon cut in square peeces like dice, with the rinde on, and a little Sacke, and the yolkes of two hard Egges minst. Lay your Legge of Mutton with the faireſt side vpward vpon sippets within your garnished dish: hauing all these things in readinesse to put into your aforesaid broth when it comes boyling off the fire, then

powre it on your Legge of Mutton hot, so scrape on Sugar, and serue it hot to the Table.

To farce a Legge of Mutton.

CVt out all the flesh at the Butt end, from a faire Legge of Mutton, but take heed you cut not the vttermost skin, mince the flesh smal that you haue cut out, euen as it were for pies, then mince among your meate foure pound of dubbing suet, so you may make of it fiue or sixe small pies, and yet there may bee left enough to fill your Legge againe, but before you put it into your Pies, season it with a little white Salt, and a little Sugar, Cloues, Mace, and Nutmegs: three or foure spoonfulls of Rose-water, halfe an handfull of Caraway-seed, couered with Sugar, two pound of Currans, one of Raisins of the Sun without their stones, sixe Dates minst, stirre all those betwixt your hands and fill your Pies, bake them in a moderate Ouen, for they will endure no great heat, and will bee baked in a houre: then take the rest of the meate that is left, and worke it with an Egge, and put it into your Legge of Mutton,

where

where your meat came out. This lets you vnderſtand, you muſt leaue out of your Pies as much as will fill your Legge of Mutton, then pricke vp your Legge with a pricke at the end where you put your meat in: then ſet it in an Ouen in an earthen panne or diſh, or if you pleaſe you may put it on the ſpit and roaſt it: if you doe ſo, then ſet a diſh vnder it and ſaue the grauie, and if you take the thickeſt of the grauie that is in the bottome of the Diſh, put a little white-Wine and Vinegar, a few Barberries, and the yolke of an hard Egge minſt: if you haue no Barberries, then take Capers: lay your Legge on ſippets, and garniſh your Diſh with ſliced Lemmon & Barberries or Capers, powre your ſauce hot on, and ſcrape on Sugar, &c.

To farce a Legge of Lambe.

CVt out all the meate, as before in the Mutton, and minſe it with halfe a pound of Béefe ſuet very ſmall, then take two handfuls of Parſley picked cleane, halfe a handfull of Winter-Sauorie and Time picked very cleane, and minſe them very ſmall: then ſeaſon your aforeſayd

Lambe with halfe the hearbes, and a little Cloues and Mace, a little Sugar and white Salt, a little Salt will bee enough: then put in a handfull of Currans, and worke it vp with an Egge: then put halfe your meat into your Legge of Lambe, and pricke vp the end with a pricke, and worke the rest of your meat into little round cakes, as broad as a shilling: put your Leg of Lambe into the pot, with as much Mutton broth as will couer it, if you haue it not, then take faire water, and put in a little Cloues and Mace, & the other halfe of the Hearbes, and the meat that you did make in little cakes, and let it boyle with often turning it round, vntill it be boyled vnto a pinte: then put in three or foure spoonefulls of Vinegar, and then take vp your Legge of Lambe, and put it into a boyld meat Dish vpon sippets: and powre your broth and your round peeces of the meat on the top of the Lambe: then scrape on fine Sugar, and serue it hot to the table.

To stew Trouts.

Put three or foure Trouts in a pewter dish, and a quarter of a pinte of white-

Wine,

Wine, or of Sacke, with a péce of swéet Butter, as bigge as an Egge, a little whole Mace, a handfull of Parsley, a little Sauorie and Time, minse all together, and put them in to the Trouts: if you haue no Wine, take faire water, and one spoonfull of Vinegar, and a little Sugar, and let these stew a quarter of an houre, then minse the yolke of an hard Egge, and strew your Trouts with it, powre the broth and Hearbes all ouer them, scrape on fine Sugar, and serue it hot to the table.

To make a farst Pudding.

MInse Mutton, Veale, or Lambe, with béefe Suet, a handfull of Parsley, a little Winter Sauorie and Time, season your meate with a little Cloaues and Mace, Salt and Sugar, worke it vp like birds or little bals or like Lemmons, put them in a pewter dish put to them a little Mutton or fresh Béefe broth, as much as will couer them, put into the broth a little Mace, Winter-Sauorie, Parsley and Time, shred small together: it must bée put in when the broth is halfe stewed, and so it will make it grécne.

Garnish your dish with a sliced Lemmon, or Barberries: lay sippets about your Dish, and lay your birds or balls on the sippets, then put a spoonefull of Sugar, and two of Vinegar: powre your broth on them, scrape on fine Sugar, and serue it in to the Table hot.

To boyle a Pike.

TVrne a Pike round with his taile to his mouth, couer it with faire water in a paune or in a kettle, and with it also cast in a good handfull of white Salt, a handfull of Rosemarie, Time, sweet Marioram and Winter-Sauorie: when your water boyles put in your Pike, and make it boyle vntill it swimme, and then it is boyled enough: then take a little White-Wine and Verjuyce, about the quantity of halfe a pinte, a few Prunes, a little large Mace, Sugar, Currans, sweet Butter, as much as an Egge: let all these boyle together vntill your Currans bee soft: then take vp your Pike and lay it vpon sippets, and if you will, you may take off the scales, but the best is to let them alone: lay all ouer your Pike parboyld Parsley, and pickled Barberries, then take the yolkes of

of two new-layd Egges, straine them with a little white-Wine or Verjuyce, & put them into your broth vpon the Pike, scrape on fine Sugar, and serue it hot to the Table.

To farce a Legge of Mutton on the French fashion.

CUt out all the meate of a faire Legge of Mutton, at the butt end, minse it with halfe a pound of Beefe-suet, take a handfull of Parsley, fiue sprigs of Winter-Sauorie, and as many of Time, minse all together very small, and put it into your meate: then season your meate with Cloues, Mace, Salt, Sugar, and a handfull of Currans: worke vp your meate and Hearbes with a couple of Egges, and put it into the skinne of the Legge of Mutton where you cut it out: pricke it vp close with a long pricke, then take the rest of your meate, and worke one halfe of it into little cakes, as broad as a shilling, let the other halfe bee in little crummes like minst meat: then couer your Legge of Mutton in faire water, in a Pot or Pipkin, and put your round peeces of meat, and all your loose meat in, then take

fire

fire blades of whole Mace, fire Dates quartered, a handfull of French Capers, halfe a handfull of Currans, and two spoonfuls of sugar, a little beaten Cloaues and Mace, boyle all these together softly, ouer a moderate fire, oftentimes turning your Mutton that it burne neither to the pots side nor bottome, and when it is boyled to the quantity of a pinte and a halfe, then garnish your Dish with Capers and a sliced Lemmon then minse the yolke of an Egge as small as Dice, you must take the Lemmon rinde and all, but if it be bitter, it will marre the taste of the meate, therefore part off the yellow outside: then lay your Legge of Mutton in sippets on your garnisht Dish, and put into your broth a little Sacke or Muscadine, or White-Wine: if you haue none of all these, then take a little Vinegar and Sugar, the quantity of the fourth part of a pinte, powre your broth on the toppe of your Legge of Mutton, then cast on it your aforesaid minst Lemmon and yolkes of Egges, hauing them ready against your Mutton be boyled, then scrape on Sugar and serue it in hot: you may lay about it and vpon it garnishing of puff-past, if you

haue

haue it not ready, then a Lemmon will serue as well.

To boyle a Carpe or a Breame.

Couer your Carpe or Breame with faire water, in a Skillet or pan vpon the fire, put in a handfull of white Salt, a handfull of Rosemary, Time and sweet Marioram, put in a pinte of White-wine Vinegar, or a quart of White-wine or Claret, and make it boyle: then take a faire Carpe or Breame quicke, take out the guts, and wash your fish cleane, tie it vp close in a cloath, that the scales fall not off with boyling: then put it into the boyling liquor, let it boyle vntill it swimme, then take a pinte of Claret-Wine and foure races of the whitest Ginger sliced, fiue blades of whole Mace, a good peece of sweet Butter, and a handfull of Sugar, let it boyle vntill it taste of the spices: then take vp your Carpe or your Breame, and lay it vpon sippets in a Dish broad enough for your fish, and put into your Wine and spices another peece of sweet Butter, when it hath done boyling. (for then it will not be so oylie,) then powre it on the toppe of your fish, then straw on good store

of

of beaten Ginger vpon the Fish, being so boyled as is before shewed: scrape on fine Sugar, and serue it hot: but in any wise take heed you breake not the scales of your Fish.

To boyle a wild-Ducke, Widgin, or a Teale, on the French fashion.

DResse your Fowle, trusse vp the Legges vpon the backe, put it vpon a spit, with a quicke fire, halfe roast it, and set a dish vnder it to saue the graue, baste it once with sweet Butter, but no oftner: when you thinke it halfe roasted, take it vp and lay it in the Dish wherein you saued the graue, launch it downe the breast with your knife, and cut vp the wings broad like a Shoulder of Mutton: then take a handfull of Parsley, fiue or sixe sprigs of Sauorie, and as much Time, and a handfull of Raisins of the Sunne without their kernels or stones, mince all together small, then put your Ducke or other fowle afore named into a Pipkin, with as much as halfe a pinte of strong Mutton broth, or fresh Beefe broth: put in a quarter of a pinte of Sacke or White-wine, then put in halfe your Herbes, and Raisins

Raisins and graine of your Ducke into the Pipkin vnto your Ducke, put in fiue blades of whole Mace, a little Sugar, a graine or two of Salt, let your Ducke boyle, oft turning it, vntill it be halfe boyled away: in the meane while, take the other halfe of the Yearbes and Raisins, mingle them with the white of an Egge, and frye them with a little suet in a pan, in round cakes like figges, frie them thorowly and they will bee greene, but burne them not. Then Dish vp your Ducke vpon sippets, and powre your broth vpon the toppe, and lay on your round sippets vpon the breast of your Ducke, scrape on Sugar, and serue it hot to the Table.

Another way to boyle small Carpes or Breames.

SCrape your fish, and put it in a Skillet or Pipkin, and halfe a Pinte of faire water and as much White-wine, take the milches and refuse of your Fish, wash them cleane, and put them againe into your fish: then put in fiue or sixe blades of whole Mace, a handfull of Parsley cleane pickt, a little Sauorie, and as much Time stript, a

good

good peece of sweet Butter, a little Sugar: put all these into your fish, and let it boyle vntill it be halfe boyled away, then put in a handfull of Gooseberries or Grapes in clusters, or if you haue neither of both, then take Barberries, or a sliced Lemmon, and straine the yolkes of three Egges with a little Vinegar or White-wine, put it into your broth to thicken it: then Dish vp your fish with any garnishing that you haue, and lay in your fish, and powre the broth vpon it, scrape on Sugar, and serue it hot to the Table.

Another way to boyle a Legge of Mutton or Lambe.

CVt a peece of Kidney suet in square peeces of the bignesse and length of your finger, and then thrust your knife into fiue or seuen places of the meat, and put your peeces into the holes: boyle your Mutton or Lambe, often turning it, but take heed you ouer boyle it not: then boyle a good handfull of Parsley tender, minse it small with your Knife, then warme a quarter of a pinte of white-Wine Vinegar with a Chafindish of Coales, with a peece of sweet Butter as bigge as an Egge,

Egge, and put in a few clusters of Barberries, boyled or pickled: then Dish up your meate upon sippets, powre this sauce upon it, and serue it hot.

To boyle Eeles.

FLey and wash your Eeles, and cut them in peeces about a handfull long, couer them in a pot or Pipkin with water, put to them a little Pepper, and Mace beaten, and fire Onyons in thinne slices, a little grated bread, three or foure spoonefuls of Ale-yeast, a good peece of sweete Butter, a handfull of Parsley, a little Winter-Sauorie, and as much Time, shred them small, and put them in, and boyle them moderately halfe an houre: as soone as they beginne to boyle, put in a handfull of Currans well washt and pickt, and when it is boyled, put in a little Vinigar or Verjuyce, and another peece of sweet Butter, and a little Salt: then lay them upon sippets, and serue them hot to the Table.

To Boyle a Rabbet.

FLey and wash your Rabbet, slit the hinder legges on both sides of the backbone,

bone, turne them forward and truſſe it, pricke them cloſe to the body of the Rabbet, and ſet the head right vp, with a pricke right downe in the neck, then put it into a pot or Skillet, that you may turne it in, and couer it with faire water, and make it to boyle: then ſeaſon it with a little whole Mace, ſweet Butter, and Salt, and a few Currans, a handfull of Parſley, a little Winter-Sauorie and Time, bruiſed with the backe of a Ladle: then ſcrape a raw Carret, then take the yolkes of two hard Egges, a toaſt of manchet, ſtraine it with a little Verivyce thorow a ſtrainer, and put all theſe into it, both to ſeaſon it and to thicken it, then let it boyle leiſurely with often turning it, vntill your broth be halfe boyled away: then put in a little ſweet Butter, a little Sugar, and a little more Verivyce, and then diſh it vpon ſippets, and powre your broth vpon it, ſcrape on Sugar and ſerue it hot to the Table.

To boyle Lamprels.

VVAſh your Lamprels, but take not out the Guts, cut them in peeces about an inch long, and put into the pot or peſnet twice ſo much water as will

couer them, season it with Pepper and Salt, thicken it with a few Onyons, and a little grated bread, and a little Ale-yest, then shred a handfull of Parsley, a little winter-Sauorie & Time small, let al boyle vntill the broth be halfe boyled away: then put in a good peece of swæt butter, and let them boyle a little more, then serue it either in dishes or in pozengers.

To boyle a Necke, or a Loine, or a Chine of Mutton, or to boyle a Necke, or Legge, a Fillet, or a knuckle of Veale, or to boyle a Legge, or Loyne of Lambe.

CVt any of these meates in so big peeces as that two or three of them may serue in a Dish, and put them into a Pot, with so much water as will couer them: If you haue one necke of Mutton or Veale, then you may take two handfuls of Parsley, and ten sprigs of Winter Sauorie, & as much of Time: then put into these Hearbs twelue reasonable great Onyons, but if they be small, then take the more, grate in halfe a penny loafe, put into

these an ounce of Cloaues and Mace, two or three cornes of Pepper, all your spices being beaten small, put in the quantity of one ounce of Sugar, and fiue spoonefulls of Verjuyce, and a little Salt: put all these into your meate when it begins to boyle: then let it boyle moderately vntill it be halfe boyled away, often stirring it that it burne not, then put in fiue or sixe spoonefulls of Vinegar: then you may Dish it in as many Dishes as you see fitting, according to the occasions: serue it in to the boord hot.

To stew Smelts or Flounders.

PVt your Smelts or Flounders in a deepe dish, put to them a quarter of a pinte of Vinegar or white-wine, as much Butter as two Egges, put in a little great Pepper, a handfull of Parsley, sixe sprigs of Winter-Sauorie and as much of Time, shred them, and mince them small in the yolkes of two hard Egges: put in all these when you put in your fish, and let them stew, now and then turning them and your fish, and when you see them stewed, dish them vpon sippets, and lay on them

them bunches of pickled barberries, scrape on Sugar, and serue them hot to the table.

To boyle Pigeons on the French fashion.

TRusse your Pigeons ready to be boyled, couer them with water, take two or three blades of whole Mace, a handfull of French Capers, a few Raisins of the Sunne, shred small three or foure Dates, broken into quarters, a good peece of sweet Butter, and a little Sugar, let them boyle halfe away, then put in the yolke of a hard Egge minst, a little sweet Butter, three or foure spoonefuls of Vinegar, as your taste shall direct you, more or lesse: garnish your Dish with some of your afore-said Egges, and take out some of your Capers out of your broth lay them vpon sippets, scrape on Sugar, and serue them hot to the Table.

Another way to boyle a Pike.

TAke out the riuet out of your Pike, and wash it, and cut it in peeces all of a length, three peeces are enough, then take the middle peece and slit it downe the

into two peces, then couer it in the panne or kettle with faire water, and boyle it with a handfull of white Salt and swet Hearbes, but put not in your fish vntill the water boyle, and then let it swimme before you take it vp, for it is not enough till then: then take it vp, and lay it vpon sippets with the head and taile, and cut ends both together in the middle of the Dish, then lay your middle peces on each side one, with the scales vpward: if it be a small Pike you may take off the scales: but if it be a great one, then let them alone, for they kepe your fish very white: boyle a good handfull of Parsley tender, and minse it fine, and put it into a Pipkin with a quarter of a pinte of Vinegar, and as much swet Butter as an Egge, eight or nine clusters of Parboyld Barberries, a little Sugar to take away the sharpenes of your vinegar, powre it vpon your dish of fish hot, but let it not boyle: scrape on Sugar, &c. You may garnish this Dish with boyld Parsley, Barberries, and minse also the yolke of an Egge and strew on it.

To boyle Olives of Veale:

CVt a fillet of Veale in thin slices, as broad as your hand, and then beate them with the backe of your chopping knife, then take two handfuls of Parsley, and halfe a handfull of Rose-marie and Time, picke them and shred them small, put to them a handfull of Currans, the yolkes of two or three hard Egges minst, a little Sugar: worke all these with a raw Egge: season your peeces of Veale with Mace, Pepper, Ginger and Salt: then put your farring hearbes vpon your thin peeces of Veale, and rowle them vp as big as an Egge, and pricke them with a smal pricke, and keepe them close, then couer them in a Pipkin with faire water, with a handfull of French Capers, and a handfull of Currans: and the other halfe of your hearbes: vnderstand that you must put but halfe your hearbes to your Olives: then put in a little Pepper, Mace beaten, a little Sugar: boyle al these together, with often turning them that they burne not, and put in a good peece of sweet Butter, Vinegar, and Sugar: dish it vpon sippets and serue it to the Table.

To boyle a Muller, or a Pike, with Oysters.

TAke a faire Mullet or Pike, trusse it round, and set it on a kettle of water, and throw into it a handfull of Salt, and a handfull of sweet Hearbes, and make your water boyle: then tie your Mullet or Pike in a faire cloth, and put it into your boyling liquour, and put it in a pinte of White-wine Vinegar, and let your fish boyle leisurely vntill it swimme: take the roote and a pinte of great oysters, and as much Vinegar as their graine, three or foure blades of Mace, a little grosse Pepper: boyle all these in a Pipkin by themselues, vntill your Oysters be boyled, then straine the yolkes of two or three Egges with halfe a pinte of Sacke, or White-wine, put in a little Sugar, and another peece of Butter, then put in your Wine and Egges: then dish vp your fish vpon Sippets and powre your broth vpon it: scrape on fine Sugar, and serue it hot, &c. With this broth you may stew a Capon, but then you must take roasted Chesnuts, being roasted very tender, but not burnt, and scape them in Sacke or Claret-wine,

and

and put them into your Oysters: then dish vp your Capõ vpon sippets, and your broth vpon it: scrape on Sugar, and serue it in hot to the Table.

To boyle a tame Ducke.

COuer your Ducke with faire water in a Pipkin, put in fiue or six blades of Mace, a handfull of Raisins of the Sun, fiue or six sliced Onyons, a good peece of sweet Butter: when your Ducke is halfe boyled put in three or foure peeces of Marrow, let them boyle vntil your broth bee halfe boyled away, then put in a little Vinegar: garnish your Dish with parboyld Onyons, and Raisins of the Sunne. Lay your Ducke vpon sippets in your garnisht Dish, and powre your broth and Onyons vpon the toppe of your Ducke: scrape on Sugar, and serue it hot to the Table.

To make a rashar of Mutton, or of cold Lambe.

SLice cold Mutton or Lambe into thin slices, and put it into a pewter or earthen Dish, and put to it halfe a pinte of

Claret-Wine, a blade or two of Mace, a Nutmeg sliced in round slices, and a little Sugar, a little Butter: stew your Mutton vntill it be thorow hot, and lay your Kidney vpon sippets.

To boyle a knuckle of Veale, or a necke of Mutton.

CVt your knuckle or necke into peeces, boyle it in a gallon of faire water, put in seuen or eight blades of Mace, as many peeces of whole Sinamon and Nutmegs, ten whole Cloues, a pound of Raisins of the Sunne, the stones pickt out, a pound of Currans, halfe a pound of French Barley cleane washt, put in all this after that your meate beginneth to seeth, and is scummed. If you boyle a knuckle of veale, then you were best, if you haue it, to boyle a Marrow-bone with it: but if you boyle a necke of Mutton you need not: boyle all this vntill it come to a pottle, then put in Salt by discretion, as your taste shall direct you, put in halfe a pinte of Claret-Wine, and if it be not sweete enough, you may put in Sugar: sippet it, and serue it, &c.

To

To ſtew the ribs of a necke of Veale in ſteakes.

PUt fiue or ſixe ribs of a necke of Veale into a pewter Diſh, pricke into euery rib two or three Cloues, put to it halfe a pinte of Mutton or Beefe broth, foure or fiue blades of whole Mace, halfe a handfull of Currans, three or foure Dates broke in quarters, a little Saffron tide vp in a cloath, a peece of ſweet Butter as big as an Egge: ſtew theſe halfe away, cloſe couered, turning them often: then put in a little Verjuyce, and lay your ſteakes vpon ſippets: powre your broth on them, ſcrape on Sugar, and ſerue them hot to the table.

Bakte

Bakte Meates, and Kick-ſhawes.

To make a grand Sallet:

TAke buds of all kinde of good Yearbes and a handfull of French Capers, ſeuen or eight Dates cut in long ſlices, a handfull of Raiſins of the Sunne, the ſtones being pickt out, a handfull of Almons blancht, a handfull of Currans, fiue or ſixe Figgs ſliced, a preſerued Orenge cut in ſlices: mingle all theſe together with a handfull of Sugar, then take a faire Diſh fit for a ſhoulder of Mutton, ſet a ſtandard of paſte in the middeſt of it, put your aforeſaid Sallet about this ſtandard, ſet vpon your Sallet foure halfe Lemmons, with the flat ends downward, right ouer againſt one another, halfe way betwixt your ſtandard, and the diſhes ſide, pricke

pricke in every one of these Lemmons a branch of Rosemarie, and hang vpon the Rosemarie preserued Cherries, or Cherries fresh from the tree: set foure halfe-Egges being roasted hard, betweene your Lemmons the flat ends downward, pricke vpon your Egges sliced Dates and Almonds: then you may lay another garnish betweene the brim of the Dish and the Sallet, of quarters of hard Egges and round slices of Lemmons: then you may garnish vp the brim of the Dish with a preserued Orenge, in long slices, and betwixt euery slice of Orenge a little heape of French Capers. If you haue not a standard to serue in: then take halfe a Lemmon, and a faire branch of Rosemary.

To sowce a Pigge.

CVt off the head of a faire large Pigg, and coole him vp in small collars like Brawne: boyle it in a kettle of faire water, twice so much as will couer him. put in a handfull of sweet hearbes, and a handfull of white-Salt, seauen or eight blades of whole Mace, two or three Nutmegs cut in quarters, three or foure races of Ginger

Ginger sliced, halfe a pinte of White-wine Vinegar or more: let these boyle vntill your Pigge bee very tender, as you may easily know by your owne discretion: then take your Pigge vp with a scummer, and lay it vpon a plate vntill it be cold, then boyle your broth againe vntill it come to a Gellie, straine it thorow a Gellie bag into a dish, then take your collars of Pigge and paire off the top and the bottome, but ridge them as you doe Brawne, and cut off the skinne round about: set three of them in a dish fitting for them, but let not the one peece touch the other, then put your Gellie warme vpon them, euen vntil they be couered, and so let them stand vntill they be cold, this dish may well returne to the Table three or foure times: the garnishing may be thereunto what you thinke fit or what you haue ready.

To make Puffpaste.

TAke a quart of floure, a pound and a halfe of swæt Butter, worke halfe a pounde of the Butter into the floure drie, but wirk your hands: then breake into the floure foure Egges, and as much faire water as will wet it, to make it reasona-

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ble like paſte, then worke it into a peece of a foot long, ſtrew a little floure on the table, that it hang not too, then take it by the end, & beate it well about the boord vntill it ſtretch long, and then double it, and taking both ends in your hand, beat it againe, and doe ſo fiue or ſixe times, then worke it vp and rowle it abroad, and then take the other pound of Butter, and cut it in thin ſlices, and ſpread it all ouer the one halfe of your Paſte, with your thumbe, then turne the other halfe ouer your buttered ſide, and turne in the ſides round about vnderneath, then crush it downe with a Roling-pin, and ſo worke it fiue or ſixe times with your Butter, then you may rowle it broad, & cut it in foure quarters, and if it be not thin enough rowle it thinner in round peeces about the thicknes of your little finger: then take a Diſh as broad as your peece of Paſte, and ſtraw on a little floure on the diſh, then lay on one peece of paſte, & you may put into it peeces of Marrow and Partichoake bottomes, or Potato, or Eringus rootes: but you muſt rowle your lumpes of Marrow in the yolkes of raw Egs, and ſeaſon them with Sinamon, Sugar, Ginger, and a very little Salt;

Salt: lay this vpon your Paste, then lay your other sheete vpon that dish, and close it round about the brim of your dish, with your thumbe: then cut off your round with a knife close by the brim of the Dish, then you may cut it crosse the brim of the dish like virginall keyes, and turne them crosse ouer one another: then bake them in an Ouen as hot as for small Pyes. In this manner you may make Florentines of Rice, with yolkes of Egges, boyled with Creame: Boyle the yolkes of fiue Egges with halfe a pinte of Creame, keepe it with very much stirring, that it burne not, and it will turne thicke like Curds, but it will bee yellow: then you may season it with Sugar, Sinamon, and a little Nutmeg, three or foure sliced Dates, put into it three or foure peeces of Almond paste, fiue or sixe lumps of Marrow, stirre them vp together, and put them into the Florentine, then bake it in an Ouen as hot as for Pies. If you haue Rice, boyle it tender in Milke, and a blade or two of Mace, boyle it vntill the Milke be boyled away, then season it with a little Nutmeg, sinamon and sugar, two or three raw Egges, a little salt, a little Rose-

water,

water, a handfull of Currans, three or foure sliced Dates: you may put this in your dish, betwixt two sheetes of Puffpaste, and bake it as before. If you haue none of these then you may take quarters of Pippins, or Peares, the coares taken out, and boyled tender in Claret-wine, then put them into the Paste, or for want of these, you may take Gooseberries, Cherries, or Damsons, or Apricockes without the stones, or Prunes: when you see your paste rise vp white in the Ouen, and begin to turne yellow, then take it forth and wash it with Rose-water and Butter, scrape on fine sugar, and set it into the Ouen againe, about a quarter of an houre: then draw it forth, and serue it in.

To roast a Legge of Mutton, or a Cowes Vdder.

THrust your Knife into the Legge of Mutton, at the butt end, the length of your finger, then take a peece of kidney suet, and cut it in long slices and thrust into euery hole of the Legge one of those peeces: prick on the outside whole Cloaues: then roast your Legge tender, take a hard Lettice, a handfull of Parsley,

and

and boyle them tender, then beate them with the backe of your Chopping-knife a crosse, vntill they be as soft as the pulpe of an Apple: then take a peece of sweet Butter as bigge as an Egge, and a quarter of a pinte of Vinegar, and a spoonefull of powder-Sugar: heate this vpon the fire, and serue it in vnto the Table hot, with your meate. Though this bee excellent sawce, yet if you like it not, then you may make a Gallantine thus. Take a little Claret-Wine, and a peece of sweet Butter, grated bread, a little beaten Sinamon, and Ginger, a little Sugar, two or three cloues, a branch of Rosemarie: set all these on the fire vntill they boyle, and then put it in to the Legge, or Vdder, and serue it hot to the Table,

To make an Oliue Pie to be eaten hot.

CVt the flesh of a Legge of Veale into slices, as broad as your hand, and beat it acrosse with the backe of a chopping-knife: then take two handfuls of Parsley, seuen or eight sprigs of Winter-Sauorie, as many of Time: strip these small, and let there be no stalkes in them, then shred them

them and put vnto them the yolkes of three or foure hard Egges minst small: season your meate with Ginger, Nutmeg, Salt, and Sugar: put to your Hearbes a little Sugar, and a handfull of Currans: lay your Hearbes vpon your slices of Meale beaten and seasoned: then rowle euery peece into an Olive of the bignesse of an Egge, and lay them into a Coffin fit for your meat, and strew on them the rest of your Hearbes, and a few Currans, three or foure sliced Dates, three or foure blades of whole Mace a little Sugar, put in halfe a pound of sweet Butter, cut in slices, close vp the Pie, and bake it in an Ouen, as hot as for Manchet: halfe an houre before you serue it to the boord, put in a little White-wine or Vinegar, wash ouer your Pie with a little Rose-water and Butter, and strew vpon it hard Sugar and floure beaten together: if any place grow presently drie, wet it againe with Rose-water and Butter, and set it into the Ouen againe, and within a quarter of an houre it will be ispe like yce: then draw it forth, and serue hot to the Table.

To roast a shoulder of Mutton to serue for either Dinner, or Supper.

ROast it with a quicke fire that the fat may drop away, and when you thinke it halfe roasted, set a Dish vnder it, and slash it with a Knife a crosse, as you doe Porke. but you must cut it downe to the bone on both the sides, let all the graue run into the dish, baste it no more after you haue cut it. put vnto the graue halfe a pinte of white wine, Vinegar, a handfull of French Capers, a dozen Raisins of the sun, the stones being pickt out, fiue or sixe Dates broken in quarters, fiue or sixe Oliues sliced, fiue or sixe blades of Mace, a handfull of powder Sugar, stew all these vntill they be halfe stewed away: then dish your Shoulder, and powre this sawce on the toppe of the meate, throw on Salt, and serue it hot to the Table.

To bake a Chicken Pie to be eaten hot.

TRusse foure or fiue Chickens fit to bee bake, season them with Nutmeg, Pepper, Salt, and Sugar, put them into

into a fit Coffin: then season seuen or eight lumpes of Marrow, with Nutmeg, Sinamon, Salt and Sugar, rowle it in yolkes of raw Egges it will keepe them from dissoluing: lay your Marrow vpon the Chickens, and the yolkes of three or foure hard Egges broken in quarters, fiue or sixe blades of whole Mace, as many quartered Dates, a little Sugar, halfe a pound of swèet Butter: close vp your Pie, and set it in an Ouen as hot as for Manchet, and in one houre it will bee bakte, draw it forth, and wash it with Rose-water and Butter, and strew on floure, and Sugar, beaten together, and set it againe into the Ouen a quarter of an houre, it will be like yee: then draw it forth, and put in a little Sacke, or Muscadine, and so serue it hot to the Table.

To roast a Neates Tongue to be eaten hot.

BOyle a faire Neates Tongue tender, blanch it and lard it on one side, pricke in some Cloues: then cut out the meat at the great end, and mince it with a little dubbing suet, as much as an Egge, then season it with a little Nutmeg, and Mace,

and Sugar, three or foure Dates minst, a handfull of Currans, halfe a preserued Orenge minst small, about halfe a graine of Muske: worke vp your Peate with the yolkes of two raw Egges, and stuffe it hard into the Tongue: then pinne ouer the end a peece of a Caule of Veale, or a skinnie peece of Beefe suet, then put it on a small spit, thorow both ends, set a Dish vnder the meat to saue the grauie, baste it with sweet Butter, and put to the grauie a little Sacke, or Muskadine and the yolke of an hard Egge minst, and the coare of a Lemmon minst: when your Neates Tongue is roasted, take it vp, and put it in a dish fitting for it, and put a little Sugar into the sawce, and powre it all ouer the Tongue, and serue it hot to the Table.

To Bake a Neates Tongue to be eaten hot.

Boyle a faire Neates Tongue tender: season it as you read before in the roasted tongue: then lay in the tongue into a Coffin, made of the same fashion Lay on it fiue or sixe blades of whole Mace, three or foure quartered Dates, a little Orenge cut into slices, the coare of a Lemmon sliced

sliced, half a pound of swæt Butter, a little Sugar, close vp your Pie, and put it into an Ouen, as hot as for Manchet: if you see it colour too fast, then take downe the Ouen lid: but if too slow, then lay a few coales in the Ouens mouth, in an houre and halfe it will bee bakte: then take a little Sacke or Muscadine, and the iuyce of a Lemmon, halfe a graine of Muske, a little Sugar, the yolkes of two or three raw Egges, a little swæte Butter: set this on a chafindish of coales, and stirre it, that the Egges curdle not, vntill the Butter be melted, then draw it out, and cut it vp, and put in your caudle, scrape on Sugar, and serue it hot to the Table.

To roast a Pigge with a pudding in his belly.

FLey a fatte Pigge, and trusse his head backward, looking ouer his backe, lay him in a very faire Dish, for soyling: then temper as much stuffe for a Pudding, as you thinke will fit his belly, you must temper your pudding with grated bread, halfe a pound of dubbing suet minst, a handfull of Currans, foure or fiue Dates minst, Cloaues, Mace, Nutmegs, and Ginger

beaten, of each a like, and a little Sugar, and a very little Salt, you must wet your pudding with two Egges, and a little Rosewater and sweete Creame, as much as will wet your pudding so stiffe, as that if you lay it vpon a Trencher, it will not runne abroad: then put it into the belly of the Pigge, and pricke vp the belly close, spit it, and roast it: and when it is almost roasted wring vpon it the iuyce of a Lemmon: and when you are ready to take it vp, take the yolkes of foure or fiue new-laid Egges, a handfull of feathers, wash the Pigge with the yolkes of Egges, and while you are a washing the Pigge, let some other body bread it after you, before the Egges be hard: mingle amongst your bread a little Ginger, Pepper, and Nutmeg: let your sawce be Vinegar, Butter, and Sugar, and the yolke of a hard Egge minst: so serue it in vpon your sawce hot to the Table.

To bake a *Pigge* to be eaten hot.

FLey a small fat Pigge, cut it in quarters or in smaller peeces, season it with Pepper, Ginger, and Salt; lay it into a fit

fit Coffin, ſtrip and minſe ſmall a handfull of Parſley, fiue ſprigs of Winter-Sauorie, ſtrew it on the Meat in the Pie, and ſtrew vpon that the yolkes of three or foure hard Egges minſt, and lay vpon them fiue or ſixe blades of Mace, a handfull of cluſters of Barberries, a handfull of Currans well waſht and pickt, a little Sugar, halfe a pound of ſweet Butter, or more: cloſe your Pie, and ſet it in an Ouen, as hot as for Manchet: and in two houres it will be bakte: then drawe it forth and put in halfe a pinte of Vinegar, and ſugar, being warmed vpon the fire, powre it all ouer the meate, and put on the Pie-lid againe: ſcrape on ſugar, and ſerue it hot to the Table.

Another way to roaſt a Legge of Mutton.

LArde a faire large Legge of Mutton, a finger deepe with the Kidney ſuet, cut long-wiſe like ones finger: pricke in ſome Cloues, and roaſt it with a quicke fire: when you thinke it halfe roaſted, cut off ſome of the vnderſide, of the fleſhy end, into thinne ſlices: then take halfe a pinte of great Oyſters, and the graine of them,

three or foure blades of whole Mace, a peece of sweet Butter, as bigge as an Egge, a quarter of a pinte of Vinegar, a spoonefull of Sugar: put all these into your slices of Mutton, which you cut off the Legge, and stew them together in a Pipkin vntill the liquor be halfe consumed: then dish vp your Mutton being very well roasted and powre the sauce vpon the top of it: strew Salt about it, and serue it in hot to the Table.

To bake a steake Pie of the ribbes of Mutton, to be eaten hot.

CVt a necke of Mutton betwixt euery ribbe, beate euery ribbe with a Cleuer flatlings, it will make the Mutton to eate short: then season it with Pepper and Salt, and put it in a Coffin, lay on three or foure blades of whole Mace, halfe a pound of sweete Butter, close vp your Pie, and set it into an Ouen, as hot as for Manchet, in two houres it will be bakte: but in the meane time boyle a good handfull of good Parsley very tender, beate it as soft as the pulpe of an Apple, put in a quarter of a pinte of Vinegar, and as much

much White-wine or Sack, but White-wine is the better, a little swæt Butter, two spoonefuls of Sugar, put your Parsley into this liquour, heat it but warme: then you may cut vp your Pie, and powre this sawce all ouer the steakes: shake it well vpon your peele, to make the sawce and the graue mingle together: then lay on your lidde againe, scrape on fine Sugar, and serue it hot to the Table.

To roast a necke of Mutton.

CUt away the scragge end of a large neck of Mutton, and put a couple of pickes hozow the best end, roast it with a quicke fire. but scozch it not, baste it with swæte Butter, then wzing in the iuyce of halfe a Lemmon: when it is halfe roasted, sane the graue in a Dish, being put vnder the meat foz the same purpose, and then baste it againe with swæt Butter, and wzing in the iuyce of the other halfe of the Lemmon: bzead it with a little Manchet mingled with beaten Nutmeg & Cloaues, put it into a warme Dish, and put in the graue that dzopt from it: this is a sawce both wholsome, and toothsome.

To

To make a Hartichoake-*Pie* to be eaten hot.

Take the bottomes of foure well boyled Hartichoakes, season them with Nutmeg, Pepper, Salt, and Sugar, then lay them in a Coffin, in each corner one: then lay the Marrow of foure or five Marrow-bones (as whole as you can get them) in warme water to take away the redneſſe, dry them, and season them with Sinamon, Ginger, Sugar, and Salt, rowle them up in the yolkes of raw Egges, and lay them upon your Hartichoakes, and here and there the yolke of an hard Egge, some whole, some in halues, as your eye shall aduise you, strew on them the reſt of the seasoning: lay upon them five or six Dates broken in quarters, five or six blades of whole Mace and a little Sugar, put almoſt a pound of ſweete Butter on the toppe of all: close your Pie, and set it into an Ouen as hot as for Manchet, in an houre or little more it will bee bakte: if your Ouen bee ouer hot, it will diſſolue your Marrow, or drie it vp: draw it forth when it hath stood an houre, put in a little Sacke or Vscadine, wet it with Roſe-

water

ater and Butter, ſtrew on it a little oure and Sugar beaten together, and ſet into the Ouen againe, in a quarter of an oure it will be hard, and criſpe like yce, aw it forth, and ſerue it hot to the Table.

To roaſt a Shoulder, or Hanch of Veniſon, or a Chine of Mutton.

TAke any of theſe meates, lard them with French larde, and pricke them thicke with Roſemarie, roaſt them with a quicke fire, but burne them not, baſte them with ſweet Butter: take halfe a pinte of Claret-wine, a little beaten Sinamon and Ginger, two ſpoonfulls of Sugar, fiue or fixe whole cloaues, a branch of Roſemary, a little ſweet Butter, a handfull of grated bread: let all theſe boyle together, vntill it be as thicke as Water-grewell then put in a little Roſe-water and Muske, it will make your Gallentine taſt very pleaſantly, put it in a fitting diſh: draw off your meate, and lay it into the Diſh, ſtrew it with Salt.

To make Chewets of Veale.

PArboyle two pound of the leane flesh of a Legge of Veale, so, as that it may be eaten: pare off the outside, and minse the meat so small as grated bread: then minse fire pound of Beefe suet, as small as the meat, but you must first pick out the kernels, and the skinnes, mingle them so together, as that you can see no meate in the suet: then minse a quarter of a pound of Dates small, take a quarter of a pound of Biskets and Carrawaies, two pound of Currans cleane washt and pickt, and dride in a faire cloath: season your meate with a little Cloaues and Mace, Nutmeg, and twice so much Sinamon as any of the other, all by discretion, the fourth part of a pinte of damaske Rosewater, almost halfe a pound of Sugar, then stirre vp your meate, that it bee seasoned in all places alike, the least taste of Salt that may be is enough: then raise such Pies as you may put nine or ten of them in a Dish, fashion them somewhat long, and raise them higher then an ordinary Pie, fill them as full as you can with-

without diſſaſhioning of them, with thꝛuſting out the ſides, cloſe them with very thinne liddes, bake them in an Ouen as hot as for other Pies, in halfe an houre they will be bakte: dꝛaw them out, and ſcrape on Sugar, and ſerue them hot to the Table.

To roaſt a Capon with Oyſters and Cheſtnuts.

BOyle and pill nine or tenne Cheſtnuts, put them hot into Claret-wine, parboyle as many great Oyſters, ſpit a Capon to be roaſted, put the Cheſtnuts and the Oyſters into the belley of the Capon, and ſtop them in with ſweet Butter, roaſt it with as hot a fire as you can, but burne it not: baſte it with ſweete Butter, ſo ſoone as it dꝛoppes, ſaue the graue: parboyle twenty Cheſtnuts, and twice ſo many great Oyſters, take halfe a pinte of Claret-wine, and a peece of ſweete Butter, and a little groſſe Pepper, ſtew the Oyſters and parboyld Cheſtnuts in the Wine, with Butter, vntill it bee halfe conſumed: then put the graue of the Capon into your ſawce, and the ſawce into a faire Diſh; dꝛeſſe vp your Capon,

and

and lay it on the sawce, sprinckle Salt, and serue it in hot to the Table.

To bake a Quinse or a Warden Pie, so as the fruit may be redde, and the crust pale and tender.

Pare faire peare Quinces or Wardens and set them into an earthen panne with the crownes vpward, put to them a little Claret-wine, and a graine of Muske or more, according to the quantity of the fruit, put in a little Sugar, couer them close with a sheet of Paste, set them into a Bakers Ouen with wheaten bread, but not houshold bread, for then they will be burnt and drie: when they haue stood three or foure houres in the Ouen, they will be very red and tender, then you may keepe them a weeke or more for vse: when you haue occasion to make your Pie, take Butter, and the yolkes of Egges, and make short Paste, and raise a Coffin fit for your stuffe, one by another. put in whole Cloues, and a little whole Sinamon, powre in some sirrup from their former baking, or if you want it, then put in Claret,

t-wine, and more Sugar, set them in an Ouen as hot as for Pies, and in one houre they will be bakte, and your fruit orient ed: Remember before your first baking, hat you coare your Quinces.

To roft a Shoulder or a Fillet of Veale with farcing hearbes.

WAfh your meate, and parboyle it a little, ſtrip two handfulls f Parſley, Winter-Sauorie a handfull, nd ſome Time: minſe theſe hearbes mall, put to them the yolkes of three or oure hard Egges minſt, Nutmeg, and Pepper, Currans a good handfull, worke ll theſe with the yolke of a raw Egge: make holes as deepe as your finger all ouer your meate, fill them with the Hearbes: roaſt it with a quicke fire, let the graule f the Hearbes droppe on the Hearbes left, baſte your meate with ſweet Butter: when it is almoſt roaſted, put the hearbes nd graule to a quarter of a pinte of White-wine Vinegar, and a good ſpoone-ull of Sugar, let them boyle vntill you take vp the meate, and when it is in a fit

diſh,

dish, powre the sawce all ouer the meat, and strew it with Salt and serue it hot to the Table.

To frie Calues feet or Trotters.

Shred a handfull of yong Parsley very small, and beate it betweene three or foure raw Egges, season it with a little Nutmeg and Sugar, a corne of Pepper, and a little Salt: boyle your feete tender, and slit them in halues, rowle three of these halues in the aforesayd Parsley and Egges: heate your frying panne with sweet Butter, or suet, slide your feete and Egges with the flat side downeward, when the Butter is hot: if you haue any Currans put a handfull into your Egges and Parsley, they will aske no more frying then an Egge: when the vnder side is yellow, turne them euery one by it selfe, as you doe Egges. Dish them vpon sippets, with that side outward that you fride first, boyle young Parsley tender, and beate it vntill it bee like the pulpe of a roasted Apple, put to it a quarter of a pinte of Vinegar, two spoonefuls of Sugar, a peece of sweete Butter, heate them well, and powre

powre them on the feet, scrape on Sugar, and serue it hot to the Table.

Buttred Loaues.

Season a pottle of floure with Cloaues, Mace, and a little Pepper, mingle it with Milke warme from the Cow, take halfe a pound of swæt Butter melted, halfe a pinte of Ale-yest, two or thræ raw Egges, temper your floure with these things, to the temper of Manchet paste, then make them vp in little Manchets about the bignesse of an Egge, flat them, cut them and pricke them, set them on a paper, and bake them like Manchet, let the Ouen-lidde bee downe: but if something be in the Ouen that requireth longer or more heate, then couer them with a paper, in an houre they will bæ thorowly soakt: then melt a pound of swæte Butter, with some Rose-water in it, draw forth your loaues, and pare away the crusts, slit them thorow betwirt the top and the bottome, in two places, and they will bæ like thræ round toasts: put them into the melted Butter, and turne them ouer and ouer in the Butter, then take a warme Dish, and put in the bottome

pæces of the leaues, strew on Sugar of a good thicknesse, then set on the middle pæces, and serue them likewise: lastly, put on the tops. and scrape on Sugar on them also: so you may set on three, foure, fiue, sixe, or more in a dish. If you be not ready to send them in, then set them in the Ouens mouth, with a paper ouer them, to keepe them from drying.

To frie Sheepes tongues, Deeres tongues, or Calues tongues.

BReake three or foure Egges with Nutmeg, Sinamon, Sugar, and Salt, put to them a handfull of Currans: pill the Tongues, and slice them in thinne slices, put them into your Egges: and when your frying-panne is hot with Butter, or sweete lard, cut the coare of a Lemmon in square peeces, like dice, and put it into your Egges and tongues, but not before you bee ready to put the meate into the pan, for then it will make them curdle: then frie them in spoonefuls like Egges on both sides, the least burning takes away all the good taste of all the other things frie them, and dish them vpon sippets, or

vpon

vpon thinne Manchet toaſte fride with ſweete Butter. Let your ſawce be Sack, or white-Wine, ſweet Butter, and Sugar, heate it hot, and powre it on the top of your Tongues: ſcrape on Sugar, and ſerue it hot to the Table.

Boyld Sallets.

SCrape boyld Carrets, being ready to eate, and they will be like the pulpe of a roaſted Apple, ſeaſon them with a little Sinamon, Ginger, and Sugar, put in a handfull of Currans, a little Vinegar, a peece of ſweet Butter, put them into a Diſh, but firſt put in another peece of Butter, that they burne not to the bottome: then ſtew your rootes in the Diſh a quarter of an houre: if they beginne to be drie, put in more Butter: if they be too ſweet, put in a little more Vinegar. The ſame way you may make a Sallet of Beetes, Spinnage, or Lettice boyld: beate any of theſe tender, like the pulpe of a roaſted Apple, and vſe them as before ſhewed.

A bakte pudding after the Italian fashion.

PAre off the crusts from a penny white loafe, cut it in square peeces like dice, put to it halfe a pound of dubbing suet minst smal, halfe a pound of Raisins of the Sunne, the stones taken out, two Ounces of Sugar, fiue or sixe sliced Dates, a graine of Muske, fiue or sixe lumps of Marrow: season these with Cloues, Mace, Nutmeg, and Salt, but a very little Salt is sufficient, beate a couple of Egs, with foure or fiue spoonefuls of Creame, powre it vpon your seasoned bread, and stirre it very gently for breaking, so as the peeces may be but wet, but not so wet that you can see any moisture in them: lay a Pomewater in the bottome of the Dish, or some other soft Apple pared, and sliced thinne, put your Pudding also vpon the Apple, and so set the Dish into an Ouen, as hot as for Manchet, or small Pies, when you see it rise yellow, take downe your Ouen lidde to coole your Ouen, it will bee bakte in halfe an houre: if the Ouen be too hot, it will be burnt, if it bee too cold,

cold, it will be too heauie, when it is bakte drawe it forth, and scrape on Sugar, and serue it in hot to the Table.

To make puffes.

SEt the best new Milke together, as a Chéese is made with Runnet, and when it is runne, take the Curds, and straine the Whey cleane from them, then season your Curds with a little Ginger, Sinamon, Sugar, and Nutmeg, put in a little Rosewater, Muske and one Egge, but the yolkes of two: temper it with as much fine floure as will make it leeth paste, as leeth as you can worke it, then butter a white Paper, make them into flat balls, about the bignesse of a great table-man, and set them into an Ouen as hot as for Manchet, vpon the buttered paper, or rather the Ouen must bee as hot as for small Pies: a quarter of an houre after, you may take them out, and dipp them in Butter melted with Rose-water, scrape on fine Sugar, and set them into the Ouen againe: beware of burning them: when you see time, draw them again

and put as many of them in a Dish as you thinke fit: they will shine, and bee crispe.

Blanch Manchet, to be made in a Frying-pan.

BReake eight or nine Egges, take away the whites of foure of them, beate them with halfe a pinte of sweete Creame, put to them halfe a penny Manchet grated, and put to it two ounces of Sugar beaten, Nutmeg and Mace, a little Rose-water: fry these with sweet Butter, euen as you would frye a Tansey: but let it bee a small frying-pan, that it may bee the thicker, beware you burne it not: and when it is fride, wash it ouer with a little Sacke, and the iuyce of a Lemmon: strape on Sugar, and serue it in hot vpon a plate, euen as a Tansey.

To make Peascods, or Dolphins of Marrow, or of a roasted kidney of Veale.

SEason parboyld Marrow with Sugar, Sinamon, and Ginger, rowle it vp in

the yolke of a raw Egge: then take a péece of short paste rowled very thin, then floure your Dolphin or Pescod mold, and lay your péece of paste vpon it, then fill the mould vpon the paste with your Marrow, or roast kidney minst, and seasoned with the aforesayd seasoning, and faire parboyld Currans, being wrought vp with the yolke of a raw Egge: when you haue filled your moulds with either of these meates vpon the paste, round about close by the meate, then lay another shéete of paste on the meate, and close it downe with your finger to the wet paste, then pinch off the paste close by the mould, with your Thumbe, and then turne out your Dolphins or Pescods vpon a paper, then frie them with a good deale of swéet Suet, but let your suet be hot before you put them in, or else it will make your Paste heauie: when you haue fryde them on the one side, turne the other, but frie that side last that you serue vpward vnto the Table: then take them out of that hot Larde, and dish them vpon a warme Dish and plate, scrape on Sugar, and set it against the fire, or in a warme Ouen, that you may serue them hot, for if you let

them lie still in the Frying-pan, they will drinke vp the suet, and be both heauy, and of an ill taste: take heed also in any wise that you turne them oft, for they will indure no hot fire.

To make a Liuerie Pudding.

BOyle a Hogges liuer very drie, when it is cold grate it, and take as much grated Manchet as Liuer, sift them thorow a course Siue or Collender, and season it with Cloaues, Mace, Sinamon, and as much Nutmeg as of all the other, halfe a pound of Sugar, a pound and halfe of Currans, halfe a pinte of Rose-water, two pound of Beefe Suet minst small, eight Egges, put away the whites of foure: temper your bread and Liuer with these Egges, Rose-water, and as much sweet Creame as will make it something stiffe: then cut the small guts of a Hogge about a foot long, fill them about three quarters full of the aforesayd stuffe, tie both ends together and boyle them in a kettle of faire water, with a pewter Dish vnder them, with the bottome vpward, &

it

it will kéepe your Puddings from breaking: when the water séetheth put in your Puddings, let them boyle softly a quarter of an houre, and take them vp: and so you may kéepe them in a drie trug a weéke or more: when you spend them, you must broyle them.

To make Rice Puddings.

BOyle halfe a pound of Rice with three pintes of Milke, a little beaten Mace, boyle it vntill your Rice be drie, but neuer stirre it, but if you chaunce to stirre it, then you must stirre it continually or else it will burne: powre your Rice into a Collinder, or else into a strainer, that the moysture may runne cleane from it: then put to it fiue Egges, and put away the whites of three, halfe a pound of Sugar, a quarter of a pinte of Rose-water, a pound of Currans, a pound of Wéefe suet shred small, season it with Nutmeg, Sinamon, and a little Salt, stirre all this together with a spoone thinne, drie the smallest guts of a Hog in a faire cloth being watered and scoured fit for your Puddings, and fill them

three

three quarters full, and tie both ends together, let them boyle softly a quarter of an houre or scarce so much, and let the water boyle before you put them in, and doe as in the other Pudding last spoken of.

The end of the Bookes of Cookery.

A NEVV

A NEW BOOKE OF CARVING AND SEVVING.

LONDON,
Printed by *M. F.* for *Iohn Marriot*, and are to be ſold at his ſhop in Saint *Dunſtans* Churchyard in Fleetſtreet.
1631.

Tearmes of a Caruer.

Reake that Dære, leach that Brawne, reare that Goose, lift that Swan, lance that Capon, sp[illegible]at Hen, frush that [illegible]hickē, vnbrace that Mallard: vnlace that Cony, dismember that Herne, display that Crane, disfigure that Peacock, vnioynt that Bittarne, vntach that Curlew, allay that Fesant, wing that Partrich, wing that Quaile, minse that Plouer, thie that Pigeon, border that Pattie, thie that Woodcock, thie all manner of small Birds.

Timber the Fire, tire that Egge, chine that Salmon, string that Lamprey, splat that Pike, sawce that Plaice, sawce that Tench, splay that Breme, fide that Paddock, tuske that Barbel, culpon that

Trout

Troute, sinne that Chenine, transen the Eele, traunch that Sturgion, vndertraunch that Porpas, tame that Crab, barbe the Lobster.

The Office of the Butler and Pantler, Yeoman of the Cellar and Ewry.

THou shalt be Butler, and Pantler all the first yeare, and yée must haue three pantry knives, one knife to square trencher-loaues, another to be a chipper, the third sharpe for to make smoothe trenchers, then chip your Soueraignes bread hot, and all other bread let it bee a day old, houshold-bread three dayes old, trencher-bread foure daies old, then looke your Salt be white and drie, the powder made of Ivory two inches broad, and three inches long: and looke that your Salt-seller lidde touch not the Salt: then looke your table cloathes, towels and napkins be faire foulded in a chest or hanged vpon a pearch, then looke your Table-knives be faire pollished, and your spoones cleane, then looke you haue two Tarriors, a more and a lesse, and wine cannels of bore, made according, and a sharpe gimlet and faucets:

ets: And when yee set a Pipe on broach, doe thus, set it foure fingers broad aboue the neather chine vpward a staunt, & then shall the lees neuer arise. Also looke ye haue in all seasons Butter, Cheese, Apples, Peares, Nuts, Plums, Grapes, Dates, Figs, and Raisins, Compost, greene Ginger. Chard, and Quince. Serue salting, Butter, Plumbes, Damsons, Cherries & Grapes: After meate Peares, Nuts, Strawberries, Huttleberries and hard Cheese: Also Blandrels, or Pippins with Carrawaies in Confects [redacted] Supper roasted Apples and Peares, with blancht powder, and hard Cheese. Beware of Cowcreame and of Strawberries, Huttleberries, Juncat, for Cheese will make your Soueraigne sicke, but let him eate hard Cheese.

Hard Cheese hath these operations: it will keepe the stomacke open. Butter is wholesome first and last, for it will doe away all poysons: Milke, Creame, and Juncate they will close the Maw, and so doth a posset, beware of greene Sallets, and raw fruits, for they will make your Soueraigne sicke, therefore set not much by

by such meates as will set your Teeth on edge, therefore eat an Almond and hard Cheese. Also of diuers drinkes if their sumosities haue displeased your Soueraigne, let him eat a raw Apple, and the sumosities will cease.

Measure is a mery meane, and if it bee well vsed, Abstinence is to bee praised when God therewith is pleased.

Also take good heed of your wines euery night with a candle, both redde Wine, and swéet wine, and looke they reboyle not leake [illegible] and wash the pipe heads euery night with cold water, and looke yé haue a clenching iron, ads, and linnen cloathes if need be, and if they reboyle, yé shall know by the hissing, therefore keepe an empted Pipe with the lees of colored Rose, and draw the reboyled Wine to the lees, and it shall helpe it, and if the swéete Wine pale, draw it into a Romney Vessel for leesing.

Also looke your compost bee faire and cleane, and your Ale fiue dayes old ere men drinke it, then kéepe your house of office cleane, and be courteous to answer to each person, and looke yee giue no person no palde drinke, for it will breed the scab.

And

And when yée lay the cloth, wipe the boord cleane with a cloth, then lay a cloth (a couch it is called) take your fellow the one end, and hold you the other end, then draw the cloth straight, the bought on the vtter edge, take the vtter parts and hand it euen, then take the third cloath and lay the bought on the inner edge, and lay eſtate with the vpper part halfe a foot broad, then couer the Cupboord and thine Ewry, with the Towell of Diaper, then take thy towell [illegible] thy neck, and lay the one ſide of the [illegible]owell vpon the left arme, and thereon lay your Soueraignes Napkin, and lay on thine arme ſeuen Loaues of Bread, with thée or foure Trencher Loaues, with the end of the Towell in the left hand, as the maner is, then take thy Salt-ſeller in thy left hand, and take the end of the Towell in your right hand to beare in Spoones and Knines, then ſet your ſalt on the right ſide where your Soueraigne ſhall ſit, and on the left ſide your Salt, ſet your Trenchers, then lay your Knines, and ſet your Bread one Loafe by anothers, and your Spoones and your Napkin faire ſouldes, beſide your Bread, then couer your

bread and trenchers, spoones and knives, and at euery end of the Table, set a Salt-seller, with two trencher Loaues, and if yée will wrap your Soueraignes Bread feately, yée must square and proportion your Bread, and see that no Loafe bee more then another, and then shal yée make your wrapper mannerly: then take a Towell of reines, of two yards and a halfe, and take the Towell by the ends double, and lay it on the Table, then take the end of the bought, a handfull in your hand, wrappe hard, then lay the end so wrapped betweene two Towels, vpon that end so wrapped. This being done, lay your bread bottome to bottome, fiue or seuen Loaues, then see you set your Bread mannerly in good forme, and when your Soueraignes Table is thus arayed, couer all other boords with Salt, Trenchers and Cups: also see thine Ewry bee arayed with Basons and Ewers, and water hot and cold, and see yee haue Napkins, Cups, Spoones, and see your Pots for Wine and Ale be made cleane, and to the surnape make the curtesie with a cloth vnder a faire double napry: then take the Towels end next you, and the vtter end of

the

the Cloath on the vtter side of the Table, and hold these thre ends at once, and fould them at once, that a pleat passe not a foot broad, then lay it euen where it should lie: And after meat, wash with that, that is at the right end of the Table, yé must guide it out, and the Marshal must conuey it and looke to each cloath, the right side be outward, and draw it straight: then must yé raise the vpper part of the Towell, and lay it without any groaning, and at euery end of the Towell yé must conuey halfe a yard that the Sewer may take estate reuerently, & let it be, & when your Soueraigne hath washed, draw the surnape euen, then beare the surnape to the middest of the boord, and take it vp before your Soueraigne, and beare it into the Cwry againe, and when your Soueraigne is set, looke your Towell bee about your necke, then make your Soueraigne curtesie, then vncouer your Bread and lay it by the Salt, and lay your Napkin, Knife, and spoone afore him, then kneele on your knee till the purpaine passe eight Loaues, and looke yé set at the ends of the Table seuen Loaues at a Messe, and sée that euery person haue a Napkin and a Spoone, and

waite well to the Sewer how many Dishes be couered, and so many cups couer yée, then serue yée forth the Table mannerly, that euery man may speake of your courtesie.

Of the Sewing of Flesh.

The Sewer must Sew, and from the boord conuey all manner of pottages, meates and sawces, and euery day commune with the Cooke, and vnderstand and wit how many Dishes shall be, and speake with the Pantlers and Officers of the Spicerie for fruites that shall bee eaten fasting. Then goe to the boord of Sewing, and sée ye haue Officers ready to conuey, and seruants for to beare your Dishes. Also if the Marshall, Squires, and Sergeants of Armes be there, then serue forth your Soueraigne without blame.

Seruice.

First set yée forth Mustard & Brawne, Pottage, béefe, mutton, stewed pheasant, Swan, Capon, Pig, Venison, Hake, Custard,

ſtard, Leach, and Lombard, fruter, daunt, with a ſubtilty two pottages, blanch manger and gelly. For ſtandard Veniſon, roaſt Kid, Fawne, and Come, Buſkard, Stozke, Crane, Peacock with his taile, Yernſew, Bitturne, Woodcocke, Partrich, Plouer, Rabbets, great Birds, Larkes, Doucets, Pampuffe white Leach, Amber, Gelly, Creame of Almonds, Curlew, Brew, Snite, Quaile, Sparrow, Partinet, Pearch in Gelly, pety Yernis, Quince bakte, Leach Dewgard, Fruter, Fage, Blandzels or Pippins with Caraway in Confects, Wafers and Ipocras, they be agreeable. Now this feaſt done, voyde yée that Table.

Of the Caruing of fleſh.

The Carner muſt know the Caruing, and the faire handling of a Knife, and how he ſhall fetch all manner of Fowle: your Knife muſt be faire, and your hands muſt be cleane, and paſſe not two fingers and a Thumbe vpon your Knife. In the middeſt of your hand ſet the haft ſure, vnlaſſing the minſing with two Fingers and Thumbe, Caruing of Bread, laying and voyding of Crums with two Fingers

ger and a Thumbe : looke yée haue the care, set neuer on Fish, Flesh, Beast nor Fowle, more then two Fingers and a Thumbe, then take your loafe in your left hand, and hold your Knife surely, endzew not the Table cloath, but wipe vpon your Napkin, then take your Trencher-loafe in your left hand and with the Edge of your Table-knife take vp the Trenchers as nigh the point as yée may, then lay foure Trenchers to your Soueraigne one by an other, and lay thereon other foure Trenchers, or else twaine, then take a Loafe in your left hand and pare the Loafe round about, then cut the ouer crust to your Soueraigne, & cut the neather crust and voyd the paring, & touch the Loafe no more after it is so serued, then clense the table that the Sewer may serue your Soueraigne.

Yée must also know the sumosities of Fish, Flesh, and Foules, and all manner of Sawces according to their appetites, these bée the sumosities : Salt, soure, restie, fat, fryed, sinewes, skinnes, hony, croupes, young feathers, heads, pigeons bones, and all manner of legges of beasts and fowles to the other side, for these be sumosities, lay them neuer to your Soueraigne.

Seruice

Seruice.

TAke your Knife in your hand and cut Brawne in the Dish as it lyeth, and lay on your Soueraignes trencher, and see there be Mustard.

Venison with furmity is good for your Soueraigne, touch not the Venison with your hand, but with your Knife, cut it out into the furmity, doe in the same wise with Pease and Bacon, Beefe, Hen and Mutton: pare the Beefe, cut the Mutton, and lay to your Soueraigne: beware of sumosities, salt, sinew, fat, resty, and raw. In Sirup, Pheasant, Partrich, Stockdous, Chickens, in the left hand take them by the Pinion, and with the forepart of your Knife lift vp your wings, then minse it into the sirup, beware of skin, raw and sinew: Goose, Teale, Mallard and Swan, raise the Legges, then the wings, lay the body in the midst or in any other Platter, the wings in the middest, and the Legges after, lay the Brawne betweene the legs and the wings in the platter: Capon or Henne of Grece, lift the legges, then the wings, and cast on wine or ale, then minse

the wing and giue your Soueraigne: Fesant, Partrich, Plouer, or Lapwing, raise the wings, and after the legges, Woodcocke, bitturne, Egrit, Snite, Curlew and Herneslew, vnlace them, breake off the Pinions, and breake the necke, then raise the legges, and let the feet be on still, then the wings. A Crane raise the wings first, and beware of the trumpe in his breft, Pecock, Storke, Bustard, and Shouillard, vnlace them as a Crane. and let the feet be on stil. Quaile, Sparrow, Larke, Martinet, Pigeon, Swalow and Thrush, the leggs first then the wings: Fawne, Kid, and Lambe, lay the Kidney to your Soueraigne, then lift vp the Shoulder, and giue to your Soueraigne, a ribbe. Venison roast, cut it in the Dish, and lay it to your Soueraigne: a Conny, lay him on the backe cut away the vents betweene the hinder legges, breake the carnell bone, then raise the sides, then lay the Conny on the wombe, on each side the chine the two sides departed from the Chine, then lay the bulke, Chine, and sides in the Dish: also yee must minse foure Lesses to one mozsell of meate, that your Soueraigne may take it in the sawce. All bakte meats that be hot open them aboue

the

the Coffin, and all that be cold open them in the midway. Custard, cheeke them inch square, that your Soueraigne may eate Doucets, pare away the sides and the bottome, beware of sumositines, Fruter, baunt, Fruters they say be good, better is Fruter Pouch, Apple Fruters be good hot, and all cold touch not. Tansey, is good hot, Worts of gruell, of Beefe, or of Mutton is good, Celly, Mortrus, Creame of Almonds, Blanch-Manger, Iussell and Charlet, Cabage and vmbles of a Deere, be good, and all other pottage beware of.

Sawces for all manner of Fowles.

MVstard is good with Brawn, Beefe, chine of Bacon & Mutton: Verivyce good to boyle Chickens, & Capon: Swan with Chaldrons: ribs of beefe, with garlick: Mustard, Pepper, Verivyce, Ginger, sauce of Lambe, Pig & Fawne: Mustard & Sugar, to Fesant, Partrich and Conny: sawce Gamlin, to Hernsew, Egript, Plouer, and Craine, Brew and Curlew, Salt, Sugar, and water of Camet, Bustard, Shouillard, and Bitturne sawce, Gamlin, Woodcock, Lapwing, Larke, Quaile,

Par-

Martinet, Venison, & snite, with white salt : Sparrowes and Throstles, with salt and sinamon, thus with all meates sawce shall haue the operation.

Of the feasts and seruice from Easter vnto Whitsontide.

ON Easter day, and so forth to Pentecost after, the serving of the Table there shall be set Bread, Trenchers and spoones after the estimation of them that shall sit there, and thus you shall serue your soueraigne : lay Trenchers, and if he be of a lower degrée or estate, lay fiue Trenchers, and if he be of a lower degrée, foure Trenchers, and of a lower degrée, three Trenchers, then cut bread for your soueraigne, after yée know his conditions, whether it be cut in the middest or pared, or else to be cut in small péces, also you must vnderstand how the meat shall be serued before your Soueraigne, and namely on Easter day, after the gouernance and seruice of that Countrey where yée were borne. First on that day yée shall serue a Calfe sodden, and sodden Egges with grœne sawce, and set them before

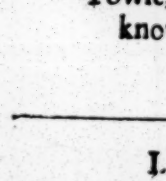
before the moſt principall eſtate, and that Lord becauſe of his high eſtate ſhall part them all about him, then ſerue pottage, as Worts, Roots, or Brewets, with Beefe, Mutton, or Veale, and Capons, to be coloured with Saffron, and baked meates, and the ſecond courſe. Juſſell with Mamony, and roaſted Endoured, and Pigeons, with Bakte meates, as, Tarts, Chewets, and Flawnes, and other, after the diſpoſition of the Cookes, and at Supper time diuers ſawces of Mutton or Veale in broth, after the ordinance of the Steward, and then Chickens with Bacon, Veale, roaſt Pigeons, or tam'd, and Kid roaſt with the head, & the purtenance of Lambe and Pigs ſéete with Vinegar and Parſley thereon, and Tanſie fryed, and other bakte meates: yée ſhall vnderſtand this manner of Seruice, dureth to Penticoſt, ſaue fiſh dayes.

Alſo take héed how yée ſhall array theſe things before your Soueraigne. Firſt ye ſhall ſée there be Grén ſawce of ſorrell or of Vines, that is, hold a ſawce for the firſt courſe and yée ſhall beginne to raiſe the Capon.

A gene-

A generall Table of direction for the order of Caruing vp of Fowle, to direct them which know not, and are willing to learne.

Lift that Swanne.



The manner of cutting vp of a Swanne, muſt be to ſlit her right downe in the middle of the breaſt, & ſo cleane thorow the backe, from the necke to the rumpe, ſo part her in two halfes, but you muſt doe it cleanely and handſomely, that you breake not nor teare the meate, then lay two halfes in a faire Charger, with the ſlit ſides downeward, throw ſalt about it, and ſet it againe on the Table. Let your ſawce be chalyon for a Swanne, and ſerue it in ſawcers.

Reare

Reare the Goose.

YOu must breake a Goose vp contrary to this fashion. Take a Goose being roasted, and take off both the Legges faire like a shoulder of Lambe, take them quite from the body, then cut off the belly peece round, close to the lower end of the brest: then lace her downe with your knife cleane thorow the brest, on each side your Thumbs breadth from the bone in the middle of the brest. Then take off the Pinion of each side, and the flesh which you first laced with your Knife, raise it vp cleane from the bone, and take it cleare from the carkasse with the Pinion. Then cut vp the bone which lieth before in the breast, which you commonly call the Merry-thought, the skin and the flesh being vpon it. Then cut from the breast-bone another slice of flesh cleare thorough, and take it cleane from the bone: then turne your carkasse, and cut it a sunder, the backe bone aboue the loyne bones, then take the Rumpe end of the Backe-bone, and lay it in a faire Dish, with the skinne side vpward,

vpward, lay at the fore-end of it the Merry-thought, with the skinne-side vpward, and before that the apron of the Goose: then lay your Pinions on each side contrary, set your legges on each side contrary behind them, that the bone end of the legges may stand vp crosse in the middle of the Dish, and the Wing Pinions may come on the outside of them. Put vnder the Wing Pinions on each side the long slices of flesh which you cut from the breast-bone, and let the ends meete vnder the legge-bones. and let the other ends lie cut in the Dish betwixt the legge and the pinion: then powre in your sawce into the Dish vnder your meate, then throw on Salt, and set it on the Table.

To cut vp a Turkie or Bustard.

YOu must raise vp the legge very faire, and open the ioynt with the point of your Knife, but take not off the legge: Then lace downe the breast with your Knife on both sides, and open the best Pinion with the Knife, but take not the Pinion off, then raise vp the Merry-thought betwixt the breast-bone and the top

ppe of the Merry-thought, then lace
owne the flesh on both sides of the breast-
one, then raise vp the flesh called the
awne, and turne it outward vpon both
oes, but breake it not, nor cut it not off,
en cut off the wing Pinion. at the ioynt
xt to the body, and sticke on each side the
inion, in the place where yee turned out
e brawne, but cut off the sharpe end of
e Pinion and take the middle peece, and
at will fit iust in the place.

You may cut vp a Capon or Pheasant
e same way: but of your Capon cut not
f the Pinion, but in the place where you
t the Pinion of the Turky, you must put
e Gizard of your Capon, on each side
alse.

Dismember that Herne.

YOu must take off both the legges, lace
it downe to the breast with your Knife
n both sides, and raise vp the flesh, and
ake it cleane off with the Pinion. When
ou must sticke the head in the breast, and
et the Pinion on the contrary side of the
arkasse: and the legge on the other side
f the carkasse, so that the bone ends may

meete

meete crosse ouer the carkasse, and the o-ther wing crosse ouer vpon the toppe of the carkasse.

Vnbrace the Mallard.

RAise vp the Pinion and the Legge, but take them not off, and raise the Merrie-thought from the breast, and lace it downe on each side of the breast with your Knife, bending to and fro like waues.

Vnlace that Conny.

TVrne the backe downeward, and cut the belly flaps cleane off from the Kidney, but take heed you cut not the Kidney, nor the flesh. Then put in the point of your Knife betweene the Kidnies: and loosen the flesh from the bone on each side of the bone, then turne vp the backe of the Rabbet, and cut it crosse betweene the wings, then lace it downe close by the bone, with your Knife on both sides, then open the flesh of the Rabbet, from the bone with the pointe of your Knife against the Kidnie: and pull the Legge open softly with your hand, but plucke it not off, then

then thrust in your knife betwixt the ribs and the kidney, and slit it out, then lay the leggs close together,

Of the Caruing of all manner of Fowles.

Sawce that Capon.

Take vp a Capon, and lift vp the right legge and right wing, and so array forth, and lay him in the platter as he should lie, and serue your Soueraigne, and know well that Capons, or Chickens be arraied after one sawce, the Chickens shall bee sawced with greene sawce or Verjuyce.

Allay that Fesant.

Take a fesant, raise his legges and his wings, as it were a Hen, and no sawce but onely Salt.

Wing that Partrich.

Take a Partrich, and raise his legs and his wings as a Henne, if yee minse him, sawce him with Wine, Powder of Ginger,

ger, and salt, then set him vpon a Chasin-dish of coales to warme, and serue it.

Wing that Quaile.

Take a Quaile and raise his legges and his wings as a Hen, and no sawce but Salt.

Display that Crane.

Take a Crane and vnfould his legges, and cut off his wings by the ioynts, then take vp his wings and his legges, and sawce them with powder of Ginger, Mustard, Vinegar and Salt.

Dismember that Heron.

Take a Heron and raise his legges and his wings as a crane, and sawce him with Vineger, Mustard, Powder of Ginger and Salt.

Vnioynt that Bitturne.

Take a Bitturne and raise his legges and his wings as a Heron, and no sawce but Salt.

Breake that Egript.

Take an Egript and raise his legges and his wings as a Heron, and no sawce but Salt.

Vntach that Curlew.

Take a Curlew and raise his legges and

and his wings as a Henne, and no sawce but Salt.

Vntach that Brew.

Take a brew and raise his legges and his wings in the same manner, and no sawce but onely Salt, and serue it to your Soueraigne.

Vnlace that Conny.

Take a Conny and lay him on the back, and cut away the vents, then raise the wings and the sides, and lay bulke, chine, and sides together: Sawce, Vinegar and Powder of Ginger.

Breake that Sarcell.

Take a Sarcell or Teale, and raise his wings and his legges, and no sawce but onely Salt.

Mince that Plouer.

Take a Plouer and raise his legges and wings as a Hen, and no sawce but onely Salt.

A Snite.

Take a Snite and raise his wings, his legs and his shoulders, as a Plouer, and no sawce but Salt.

Thie that Woodcocke.

Take a Woodcock and raise his legges as a Hen, this done right win the braine.

From the Feast of Whitsontide vnto Midsommer.

IN the second Course for the meates before sayd ye shall take for your sawces, ale, wine, vinegar, and powders after meate, but ginger and canell from Pentecost to the feast of S. John Baptist.

The first course shal be Beefe and Mutton with sodden Capons, or roasted, and if Capon be sodden, array him in the manner aforesaid, & when he is roasted, then must cast on Salt, with Wine or with Ale, then take the Capon by the legges, and cast on the sawce, and breake him out and lay him in a Dish as he should lie, first ye shall cut the right legge and the right shoulder, and betweene the foure members lay the brawne of the Capon, with the croupe in the end betweene the legs, as it were possible for to be ioyned together, and other bakte meates after. And in the second course, pottage shall be Jussell, Charlet or Pertrus, with yong Geese, Veale, Porke, Pigeons, or Chickens roasted with Pampuffe, Fritters, and other bakte meates after the ordinance of the Cooke. Also

the

the goose ought to be cut member to member, beginning at the right legge, and so forth vnder the right wing, and not vpon the ioynt aboue, and it ought to bee eaten with græne Garlike, or with Sorrell, or tender Vines or Verioyce in Sommer season after the pleasure of your soueraigne: also yée shall vnderstand that all manner of Fowles that haue whole fête, should bée raised vnder the wing and not aboue.

From the Feast of Saint Iohn the Baptist vnto Michaelmas.

IN the first course: Pottage, Worts, Gruell and Furmenty, with Venison and Portrus, and pestles of porke, with græne sawce, roasted Capon, swan with Chawdron. In the second course, pottage after the ordinance of the Cookes, with rosted Mutton, Veale, porke, chickens or endoured Pigeons, Vernesewes, Fritters or bakte meates, and take héed of the Fesant, he shall be arayed in the manner of a Capon, but it shall bée done drie without any moysture, and hée shall bée eaten with salt, and powder of Ginger, and the

Hernesew shall bée arrayed in the same manner without any moysture, and hée should be eaten with Salt, and Powder, also yée shall vnderstand that all manner of Fowles hauing open clawes, as a Capon, shall be fried and arrayed, as a Capon and such other.

From the Feast of Saint Michael vnto the Feast of Christmas.

IN the first course Pottage, Béese Mutton, Bacon, pestles of Porke, or with Goose, Capon, Malard, Swan or Fesant, as it is before sayd, with Tarts or Bakemeates, or Chines of porke. In the second course, pottage, Mortrus or Conies or Sew: then roast flesh, Mutton, Porke, Veale, pullets, Chickins, pigeons, Teales, Wegions, Mallards, partrich, Woodcocke, plouer, Bitturne, Curlew, Hernesew, Venison roast, great Birds, Snite, Feldfares, Thrushes, Fritters, Chewits, Béese with sawce, Geloper, roast, with sawce pogil, and other baked meates as is aforesayd, and if yée carue before your Lord or your Lady any sodden flesh, Carue away the skinne aboue, then Carue reasonably of the flesh for your

Lord

Lord and Lady, and specially for Ladies, for they will soone bée angry, for their thoughts be soone changed, & some Lords will be soone pleased, and some not, as they bée of complexion. The Goose and swan may bée cut as yée doe other Fowles that haue whole féete, or else as your Lord or your Lady will haue it.

Also a swan with a Chadron, Capon, or Fesant, ought to be arrayed, as it is afore-said, but the skin must be had away, and when they haue béene carued before your Lord or your Lady, for generally the skin of all manner whole footed Fowles, that haue their liuing on the water, their skins be wholesome and cleane, for by cleannesse of water and fish is their liuing, and if they eate any stinking thing, it is made so clean with the water that all the corruption is cleane gone away from it.

And the skinne of a Capon, Penne, or Chicken bée not so cleane, for they eate foule things in the stréet, and therefore the skinnes bée not so wholesome, for it is not their kinde to enter into the Riuer to make their meate void of the filth. mallard, Goose, or swan, they eate vpon the land foule meate, but anon after the

kinde they goe to the Riuer, and there they clense them of their foule kinke. A Fesant as it is aforesaid, but the skin is not wholsome, then take the heads of all field birds, & wood birds, as Fesant, Peacock, Partrich, Woodcock, Curlew, for they eate in their degrée foule things, as wormes, toades, and other such.

The second Part of the Sewing of Fish.

The first course.

TO goe to the Sewing of fish muscalade, Menewes in Sew, of Porpos or of Salmon, bakte Herring with Sugar, Grene fish, Pike, Lamprey, Salens, Porpos roasted, bakte Gurnard, and Lamprey bakte.

The second course.

Gelly white and red, Dates in Confect, Conger, Salmon, Dorey, Writ, Turbut, Halibut for standard, Base, Trout, Mullet,

Pullet, Cheuin, Sole, Eeles and Lamprey roast, Tench in gelly.

The third course.

Fresh Sturgion, Creame, Pearch in Gelly, a Ioule of Salmon, Sturgion, Welkes, Apples, and Peares, roasted with Sugar Candy. Figs of Malike and Raisins, Dates capt with minced Ginger, Wafers and Ipocras they bee agreeable, this feast being done, void yee the Table.

Of the Caruing of Fish.

THe Caruer of Fish, must see to pease and furmenty, the tayle and the liuer, yee must looke if there be a salt Porpos or Seale, Turrentine, & doe after the forme of Venison, baked Herring, and lay it whole vpon your Soueraignes Trencher, white Herring in a Dish, open it by the backe, picke out the bones and the row, and see there be Mustard. Of salt-fish, green-fish, salt Salmon, and Conger, pare away the skinne: Salt fish, Stock-fish, Parling, Mackrell, and Hake with Butter, take away the bones and the skinnes: a Pike, lay the wombe vpon his Trencher, with Pike sawce enough, a salt Lamprey,

gobon it in seuen or eight peces, and lay it to your soueraigne: a playce, put out the Water, then crosse him with your Knife, cast on salt, Wine, or Ale. Gurnard, Rochet, Breame, Chenin, Base, melet, Roch, pearch, sole, mackrell, Whiting, Hadocke, and Codling, raise them by the backe, and picke out the bones and clense the refet in the belly: Carpe, Breame, sole and Trout, back and belly together: salmon, Conger, Sturgion, Turbuthirbot, Thornback, Pound-fish, and Halibut, cut them in the Dishes the Porpos about, Tench, in his sawce, cut two Eeles and Lamprales roast, pul off the skin, picke out the bones, put thereto Winegar and powder: a Crab, breake him a sunder in a dish, and make the shell cleane, and put in the stuffe again, temper it with Winegar, and powder them, couer it with bread, and send into the kitchen to heate, then set it to your soueraigne, and lay them in a Dish: a Trenis, dight him thus, part him a sunder, and slit the belly, and take out the fish, pare away the red skin, and mince it thin, put Winegar in the Dish, and set it on the Table without eating: a Joule of Sturgion, cut it in thinne mozsels: and lay

it

t round about the Dish.

Fresh Lamprey bakte, open the pastie, hen take white bread, and cut it thinne, nd lay it in a Dish, and with a spoone ake out Galentine, and lay it vpon the read with red Wine and powder of Si- amon, then cut Gobon of the Lamprey, nd mince the Gobon thinne, and lay it in he Galentine, then set it vpon the fire to eate, Fresh-herring with salt and wine, Shrimpes well picked, Flounder, Gud- ines, Menewes, and Mussels, Eeles, and Lampryes: Sprats is good in sew, Mus- lade in woorts, Oysters in sew, Oysters n grauy, Menewes in porpas, salmon n sele Celly white and red, Creame of lmonds, Dates in Confects, peares and Quinces in stupe, with parsley roots, noztus of Houndfish raise standing.

Of the Sawces of all Fish.

Mustard is good for salt Hering, salt fish, salt Conger, salmon, sparling, lt Eele, and Ling: Vinegar is good with lt porpos, Turrentine, salt sturgion, lt Thirlpole, and salt whale. Lamprey ith Galentine, Veriuyce: to Roach, Dace

Breme,

Breme, Polet, Dace, Flounders, Sal
Crab and Cheuine with Powder of Sina-
mon: to Thornbacke, Herring, Houndfish,
Paddock, Whiting and Cod, Vinegar,
Powder of Sinamon and Ginger, grene
sawce is good with Grene-fish and Hali-
but, Cottell and fresh Turbut: put not
your grene sawce away, for it is good
with Mustard.

The Chamberlaines Office.

The Chamberlaine must be diligent &
cleanely in his office, with his head
combed, and see to his Soueraigne, that he
be not negligent of himselfe, and see that
he haue a cleane shirt, breech, petticote and
doublet, then brush his hosen within
and without, and see his shoone and his
slippers be cleane, and at morne when your
Soueraigne will arise, warme his shirt by
the fire, and see ye haue a soot sheet made
in this manner. First set a chaire by the
fire with a cushion, another vnder his feet,
then spred a shirt ouer the chair, & see there
be ready a Kerchife, and a Combe, then
warme his petticote, his Doublet and
his stomacher, and then put on his doub-
let and his stomacher, and then put on

his

his hosen and shoone or slippers, then strike vp his hosen mannerly, and tie them vp, then button his Doublet hole by hole, & lay a cloath vpon his necke and head, then look yée haue a Bason and Ewer with warm water, & a towel to wash his hands, then knéele vpon your knee, aske your Soueraigne what robe he will weare, and bring him such as he commandeth, and put it vpon him, and take your leaue mannerly, and goe to the Church or Chappell to your Soueraignes closet, and sée there be Carpets and Cushions, and lay downe his Bookes of Prayers, then draw the Curtaines, and take your leaue goodly, and goe to your Soueraignes Chamber, and cast all the cloathes off the bed, and beate the Feather-bed, and the Bolster, but looke yee wast no Feathers, then the blankets, and see the shéetes be faire and swéete, or else looke yée haue cleane shéetes, then lay the head shéetes and the pillowes, then take vp the Towell and the Bason, and lay Carpets about the bed or in Windowes and Cupboord layde with cushions: also looke there bee a good fire burning bright, and sée if the house of easement bee swéete and cleane, and

the

the privy boord couered with grene cloath and a Quishin, then se there be blanket doune, or Cotton for your Soueraigne, and looke yee haue a Vason and Ewer with water, and a Towell for your Soueraigne, then take off his gowne, and bring him a mantle to kepe him from cold, then bring him to the fire and take off his shoone and his Hosen, then take a faire Kirchiefe of reines, and combe his head, and put on his Kerchiefe and his Bonet: then spread downe his bed, lay the head shete and the Pillowes, and when your Soueraigne is in bed, draw the Curtaines, and se there be Mozter or ware or Perchours ready, then driue out dogge or Cat, and looke there be Basons and Vrinall set nere your Soueraigne, then take your leaue manerly, that your Soueraigne may take his rest merrily.

Of the knowledge which is required of the Marshall and the Vsher.

The Marshall and the Vsher must know all the Estates of the Land, and the high Estates of a King with the blood Royall.

The

The Estate of a King.
The Estate of a Kings sonne, a Prince.
The Estate of a Duke.
The Estate of a Marquesse.
The Estate of an Earle.
The Estate of a Bishop.
The Estate of a Vicount.
The Estate of a Baron.
The Estate of the three chiefe Iudges and the Maior of London.
The Estate of a Knight Bacheler.
The Estate of a Knight, Deane, Archdeacon.
The Estate of the Master of the Rolles.
The Estate of other Iustices, and Barons of Checker.
The Estate of the Maior, of Callice.
The Estate of a Doctor of Diuinity.
The Estate of a Doctor of both the Lawes.
The Estate of him that hath beene Maior of London, and Sergeant of the Law.
The Estate of a Master of the Chancery, and other worshipfull Preachers and Clarkes that be graduable, and all other Orders of chast persons and Priests, worshipfull Merchants, and Gentlemen, all these may sit at the Esquires Table.

A Duke may not kepe the hall but each Estate by themselues, in Chamber or in Pauilion, that neither see other: Marques, Earles, Bishops and Vicounts, all these may sit at a messe: a Baron and the Maior of London, and three chiefe Iudges, and the Speaker of the Parliament, all these may sit two or three at a messe: and all other states may sit three or foure at a messe: also the Marshall must vnderstand and know the blood Royall, for some Lord is of the blood Royall, and of small liuelihood, and some Knight is wedded vnto a Lady of Royall blood, shee shall kepe the Estate of her Lords blood, and therefore the royall blood shall haue the reuerence, as I haue shewed you before: also a Marshall must take hede of the birth, and next of the line of the blood Royall: Also he must take hed of the Kings officers, of the Chancellor, Steward, Chamberlaine, Treasurer, and Comptroller.

Also, the Marshall must take hed vnto strangers, and put them to worship and reuerence, for if they haue good cheere it is your Soueraignes honor. Also the Marshall must take hed, if the King sen[d] you

your Soueraigne any message, and if hee send a Knight, receiue him as a Baron, and if he send a Yeoman, receiue him as a Squire, and if he send a Groome, receiue him as a Yeoman. Also it is no rebuke to a Knight, to set a Groome of the Kings at his Table.

A true and approued Receit, for the right making of the best Ipocras.

Take of Grains halfe a dragme, take of Sinamon 4. ounces, of Ginger two ounces, of Nutmegs halfe an ounce, of Cloues and Mace of either a quarter of an ounce, bruise these well in a Mortar, and infuse them in a gallon of white wine 4. or 5. dayes, the vessell being close stopt, then put to it a pound of sugar and a half, when the sugar is dissolued, put to it halfe a pint of Rose-water, and as much milke: let it stand a night, and then let it run through an Ipocras Bagge, then may you put it into a fine new Rundlet if you purpose to keepe it, or if you spend it presently, you need put it in to certaine pots for the present.

An excellent and much approued receit, for a long Consumption.

TAke 8. 10. or 11. white Snailes, and breake away their shells from them, then put them into a bowle of water for twelue houres, to clense themselues from their slime, then take them from that water, and put them into an other bowle of running water for twelue houres more, then take them out, and put them into halfe a pinte of White Wine, and keepe them in it twelue houres, then take a quart of Red Cowes Milke, and put the Snayles out of the Wine into the Milke, and boyle the quart of Milke with the Snayles put into it, vntill it be boyld to a pinte, then put into it one ounce of Candes sugar, and so giue the sicke party the same to drinke euery morning, and at foure of the clocke in the afternoone, but you must not let the sicke party eate or drinke any thing else for the space of two houres after they haue taken this Receit, and without all doubt, this being duely made and taken accordingly, will with Gods helpe recouer the party being very weake and

farre

farre ſpent in this long lingering ſickues, and of my knowledge hath bæne often approued, and is found an excellent Receit to cure the ſame diſeaſe.

A Table of the firſt booke

A Bill of ſeruice for an extraordinary Feaſt *for Summer ſeaſon: fiftie diſhes to a Meſſe.*

THe firſt courſe *Fol.* 3
The ſecond courſe for the ſame Meſſe. 4
The third courſe for the ſame Meſſe. 5
Another direction for a Bill of fare for winter ſeaſon, which alſo ſerueth to ſet forth your meate in order 5
The ſecond courſe for the ſame Meſſe 6
The firſt courſe for a ſmall common Seruice of Meate, to direct them which are vnperfect, to bring them to further know-

knowledge of greater Seruice 7
A second course to the same Messe. 8
A Table of direction for a Bill of Fare for Fish dayes, and Fasting dayes, Ember-weekes, or Lent.
The first course for the same dyet. 9
The second course for the same dyet. 10

Boylde Meates.

TO boyle a Capon Larded with Lemmons, on the French fashion. 11
To sowce a Pigge. 11
To sowce Oysters. 12
To sowce a Pike, Carpe or Breame. 13
To boyle Flounders, or Gudgeons on the French fashion. 14
To boyle a Gurnet on the French fashion. 14
To boyle a legge of Mutton on the French fashion. 15
To hash a legge of Mutton on the French fashion. 15
To roast a legge of Mutton on the French fashion. 16
To roast a Neates-tongue on the French fashion. 16

To boyle pigeons with Rice, on the french fashion. 17
To boyle a Rabbet with Hearbes on the French fashion. 17
To boyle Chickens in whitebroth. 18
To boyle a Teale, or widgeō, on the french fashion. 19
To smoore an old Cony, Ducke, or Mallard on the French fashion. 19
Another way to boyle Chickens, or pigeons with Gooseberies or Grapes. 20
To boyle a chine of Mutton or Veale, in sharpe broth on the French fashion. 21
To boyle Larkes or Sparrowes. 21

Baked-Meates.

A Made dish of Cony Liuers. 22
A made dish of Sweet breads. 22
A made dish of Sheepes tongues. 23
A Florentine of a Cony, the wing of a Capon, or a Kidney of Veale. 23
A Frydayes pye, without either Flesh or fish. 24
A Chewet of Stockfish. 24
A Quarter tart of pippins. 25
A Gooseberry tart. 26

A Cherry Tart. 26
To make an Oyster-pye. 26
A made dish of Museles and Cockles. 27
To bake a Neates-tongue to be eaten hot. 27
A delicate Chewet. 28
To make an Vmble-pye, or for want of Vmbles, to doe it with a Lambes head and Purtenance. 28
To bake a Calues Chaldron. 29
To bake a Carpe. 29
To bake a Tench with a pudding in her belly. 30
To bake Eeles. 31
To bake Chickens with Grapes. 31
To bake a Steake pye with a french pudding in the pye. 31
To make a good Quince pye. 32
To make a Pippin pye. 33
To bake a Pigge. 33
To bake Fallow Deere in the best manner. 33
To bake red Deere. 34
To bake a wilde boare. 34
To bake a Swanne. 35
To bake a Turkey or Capon 35
To bake a Hare on the French fashion. 35
To bake a wilde Goose, or Mallard. 36

To bake a Curlew or Herneſhaw. 36
To bake Woodcockes or blackebirds. 37
To bake Larkes or Sparrowes. 37
Fritters on the Court faſhion. 37
To make Pancakes ſo criſpe that you may ſet them vpright. 38
A Sallet of Roſe-Buds and Cloue Gilly-flowers. 38
To keepe greene Cucumbers all the yeare. 38
To keepe Broome Capers. 38
Purſlaine ſtalkes. 39
To make Caper-rowles of Raddiſh Cods. 39
Diuers Sallets boyled. 39
Buds of Hops. 40
A Sallet of Mallowes. 40
A Sallet of Burdocke-rootes. 41
To make blancht Manchet in a Frying-pan. 41

Puddings.

A Farced Pudding. Fol. 42
A Pudding of Veale. 43
A Fregeſey of Egges. 43
A Cambridge Pudding. 44

A Swanne or Gooſe pudding. 45
A Leueridge, or Hog Pudding. 45
A Chiueridge Pudding. 46
A Rice pudding. 46
A Florentine of Veale. 46
A Marrow toaſt. 47
Another in a Fryingpanne. 48
A pudding ſtewed betweene two Diſhes. 48
To make French puffes with green Herbes 49
Dropt Raiſins. 50
A fond pudding. 50
To make Puffes on the Engliſh faſhion. 51
To make a Pudding in a frying panne. 52
To make Apple puffes. 52
To make Kickſhawes. 53
To make ſome Kickſhawes in paſte to fry or bake in what forme you pleaſe. 54
To make an Italian pudding. 55
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